

FOOTBALL

Activity 1

Fox's & hounds warm up

10 mins

- * One ball, one bib for each player
- * Bib tucked in to shorts (tail), fast dribbling, keep ball close to your body
- * Fox tries to steal bibs, then football's
- * If fox steals ball/bib join the fox's team

Activity 2

Pass and move

15 mins

Set up:

- Partners
- 1 x ball

Format

- 5-10 paces away from each other
- Complete a pass, backwards and forwards

Coaching points

- Control
- Side foot passes
- Direction
- Keep head up

Differentiation

- Time trial; first pair to complete 10 passes
- On the move; when receiving the pass find the nearest cone to dribble around back to partner, pass & partner repeats
- Hit the cone; 1 x tall cone each, 5-10 paces away from each try to pass the ball and hit partners cone

Activity 3

Small sided match

20 mins

- Two teams
- Goalkeeper changes every 3-4 mins