

# Football

**Where:** \_\_\_\_\_

**What time:** \_\_\_\_\_

**Duration:** 75 minutes

**Group:** Blue / Red - \_\_\_\_\_

**Student numbers:** \_\_\_\_\_

## What you need:

1. Footballs. Ideally one ball between 2
2. Cones
3. Bibs

## Stage 1. Warm up.

In pairs or 3s. Dribble 10m towards a cone, turn and dribble back. Partner(s) go. Repeat.

Dribble out to a cone and use different ways of turning.

As above but pass the ball back to partner. As before but pass the ball back with weaker foot.

## Stage 2. Possession Game

In groups of 4. In a marked out area (10 x 10m) play a possession game 3v1.

Ball must stay inside the marked area.

## Stage 3. 4v4 Mini Game

Combine the groups to play a 4v4 mini game in a small area (15m long) No goalkeepers. Use small goals.

Restrict the number of touches for the more able players (eg 2 touch).

## Stage 4. Shooting practices.

Split the group in half, one at each goal. Choose a goalkeeper. Two lines of players approximately 25m from the goal, who take it in turns to pass to a target players who returns the ball for a shot. Regularly change the target player and change the angle at which shots are taken (See diagram).

## Stage 5. Full Game.

Either 2 teams (1 pitch) or 4 teams (2 pitches) if there is a large number.

Briefly explain your expectations as a referee (these games can be tricky to officiate!).

Avoid off-sides unless there is goal-hanging, but other rules should be enforced. Limit the number of touches of the most able players if necessary (or put them in goal!).

## Activity leader, remember!

1. Keep language simple. Some students may not understand complex instructions. If it's important use concept questions and repeat it.
2. Your job is to motivate and organize. Make sure that you are proactive and encouraging.
3. Keep calm, don't lose your patience (with students or group leaders) and have fun.

