



February 19th - 25th

First Kicks: U7/8 Game day # 3

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Category: Technical: Shooting

Shooting game

Organization:

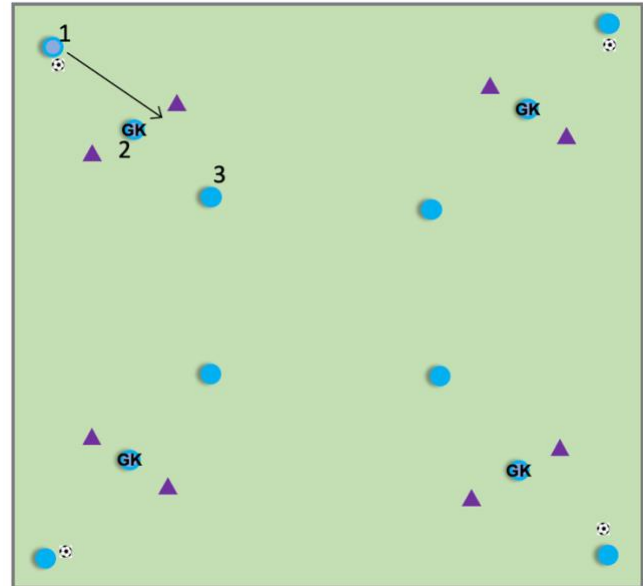
Field size: 25m x 30m

Divide players into groups of three. Three players stand in a line (see the diagram). Player 1 shoots the ball to player 2, who is in goal keeping stance. Player 1 gets the point if she/he scores on the gat. Then, the keeper will turn and deny the ball that shoots by player 3. The keeper gets 1 point for each save. After 2 minutes, switch the keeper and the player with the most points win.

Progression:

Switch players after each round so that the winners always compete against each other to balance the groups.

Duration: 10 min



Laser ball

Organization:

Field size: 25m x 30m

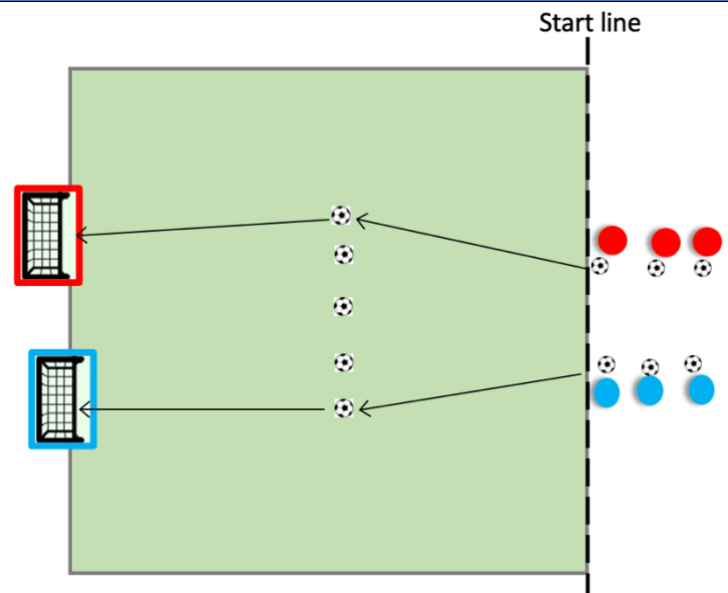
Divide players into two teams: red and blue. Both teams must stay on the start line (see the diagram). Each player has a ball. Put five balls in the centre of the field and place one pug for each team on the other side. Both teams start kicking the balls in the middle enough times to put them in their pugs. The team who put more balls in their pug wins.

Note! Players can move on the start line to find the best angle for their shots.

Progression:

• Change the location of the pugs to makes it more challenging.

Duration: 10-15 min



Possession game

Organization:

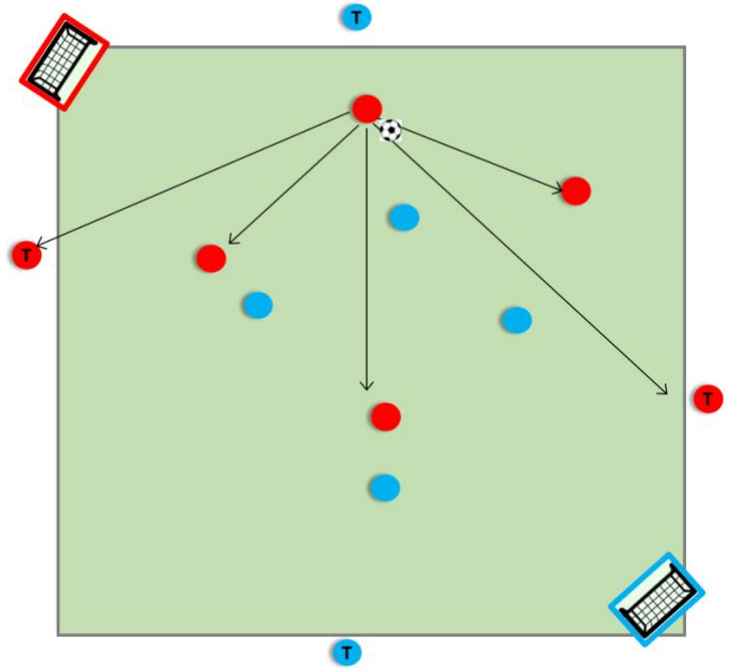
Field size: 25m x 25m

Divide players into two teams: red and blue. Each team has 4 players inside the grid and 2 target players (T) outside the grid (see the diagram). Targets are allowed to run alongside the sidelines, but they cannot come inside of the grid. The red team starts with the ball and tries to score on the blue pug by the help of targets or inside players. The blue team tries to gain the ball and score on the red pug. Switch target players every 2 minutes.

Progression:

- Each team has to play with their target players before score a goal.

Duration: 15-20 min



Colour Race

Organization:

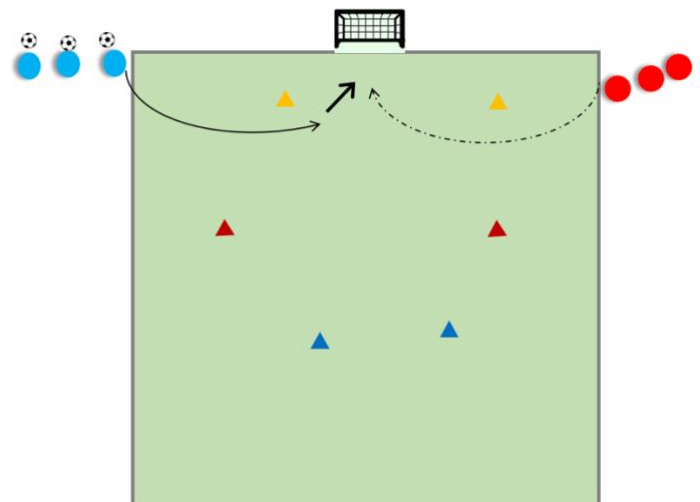
Field size: 25m x 30m

Divide players into two groups: attackers and goalkeepers. Put 6 cones with 3 different colours. The coach starts the race by calling a colour, for example, yellow; both attackers and keepers must find the yellow cone closer to them and turn around that cone. Then attackers try to score on the pug while keepers try to run to the pug and deny the ball.

Progression:

Instead of yelling the colour, the coach raises her/his hand while holding a yellow, red or blue cone. Players must look at the coach, see the colour, and perform the drill.

Duration: 10-15 min



Scrimmage

Organization:

Field size: 25m x 30m

Play 4v4. Game rules apply.

Coaching points:

- Team shape (i.e., diamond)
- Pass and move forward

Progression:

You can give different tasks to the players of the team on the break to monitor and discuss the performance of a specific team. Tasks should be related to the coaching points.

Duration: 15-20 min

