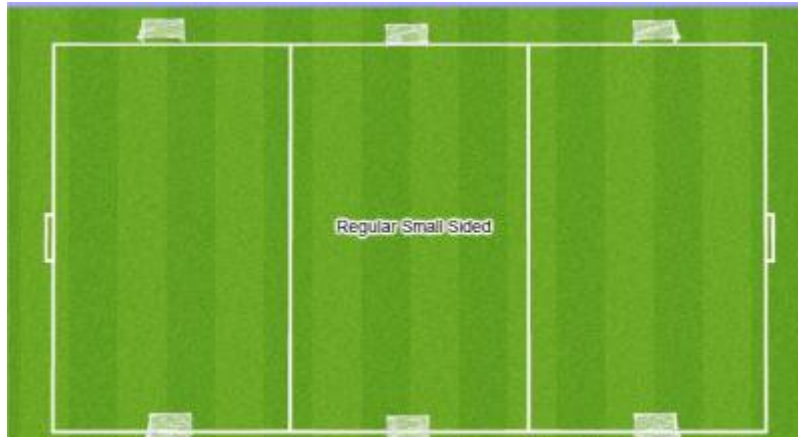




# First Kicks Lesson Plans 2020

March 7



## ← Set Up

### The Small Sided Games Day

The fields will be set up upon arrival in this manner

Within your Starting Grid you will run your Cores warm up

#### Focus:

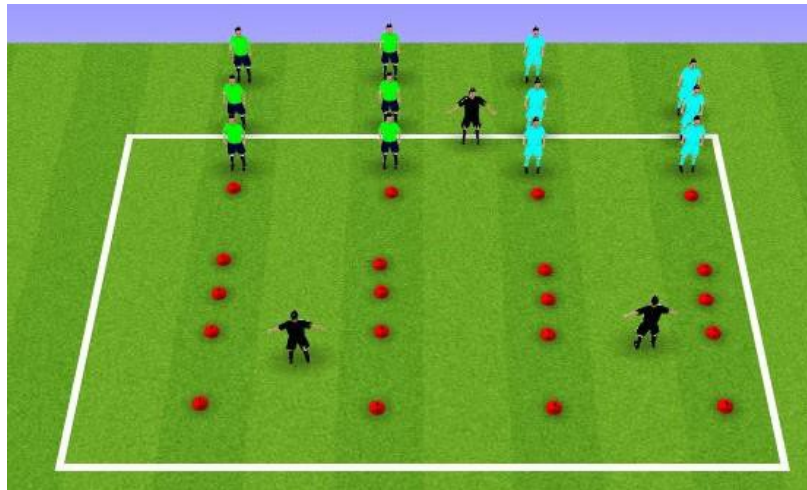
Should be placed on basic shape (Triangle/Diamond)

\*Make it FUN

#### Of Note:

The whistle will blow in 10mins intervals

Please take your *Water Breaks* when players are *Off* or during transition periods



## ← Warm Up (10 mins)

### Cores Warm Up

Split your groups into their teams & colors

Take them through various movements using the cones as guides (Skipping, 1&2 foot jumps, forward and backward running, etc)

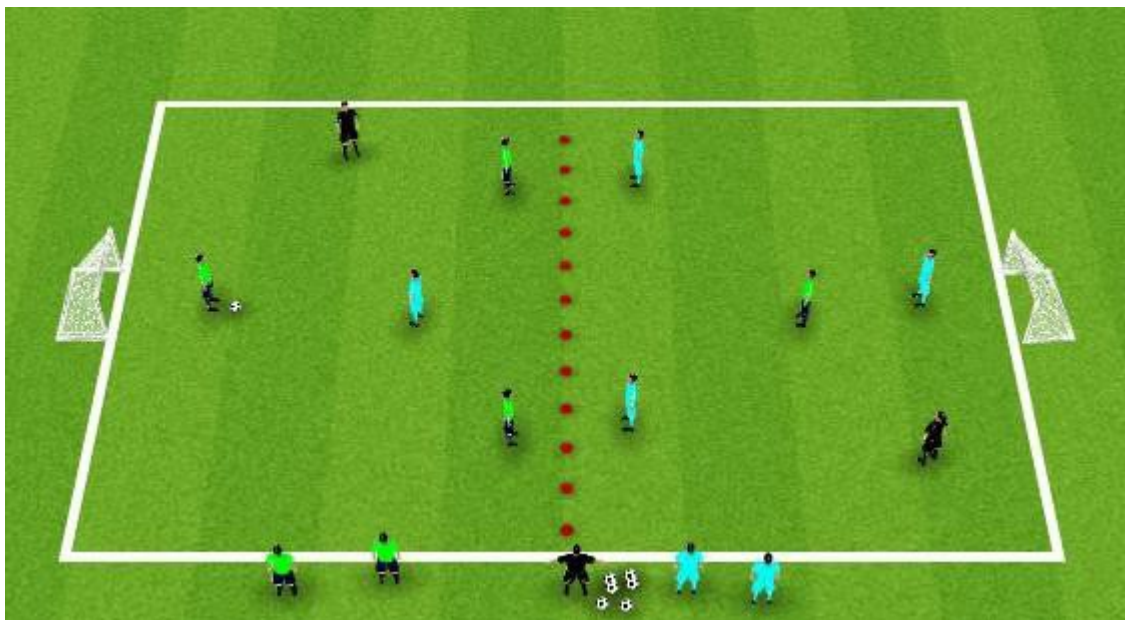
Introduce the ball and take them through the cones using inside/outside of both feet

#### Of Note:

As soon as the whistle blows be prepared to begin playing



## First Kicks Lesson Plans 2020



### Regular Small Sided Game U6s 3v3 & U7s&U8s 4v4

The focus of this Small Sided Game is to foster real time decisions and allow the players to PLAY

#### Encourage:

Spreading Out in a *Diamond or Triangle* for U6s

Staying *High/Wide/Deep*

Keep their heads *UP*

#### Of Note:

Restarts from own end after goal

Opposing team backs up past center line

Kick ins when Ball goes out

First Pass is *Free*