



November 5<sup>th</sup> – January 21<sup>st</sup>

## First Kicks: Welcome Activities # 2

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Category: Technical: Passing

### Pass and move

#### Organization:

Field size: 20m x 25m

Scatter 9 gates with three different colours throughout the field: red, blue and yellow. Divide players in groups of two. Each group has a ball and try to pass and move throughout the field. Players must pass through the gates to score a goal. After 2 minutes, the group who score more goal wins.

#### Progression:

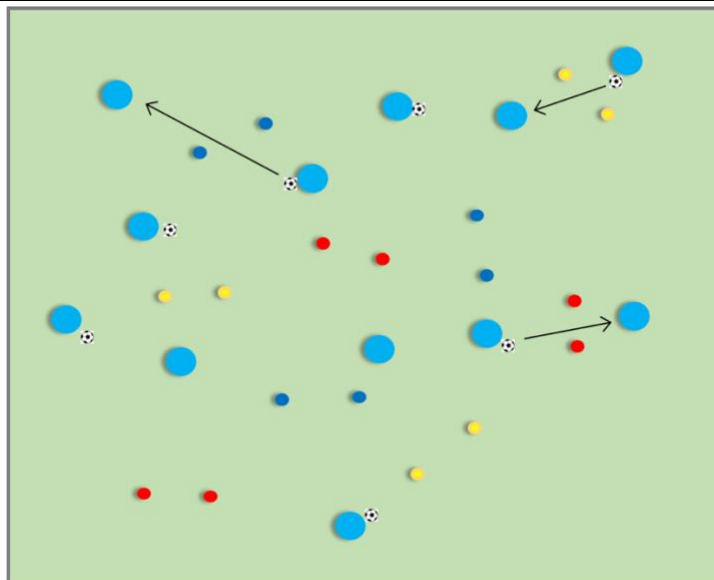
Modify the scoring system based on the colour of the gates:

- Red: 3 points; Blue: 2 points; Yellow: 1 point

Modify the scoring system based on the type of pass:

- outside: 3 points; inside: 2 points; laces: 1 point

**Duration:** 5-10 min



### Tag game

#### Organization:

Field size: 20m x 25m

Choose three players as taggers. Players have one ball each and dribble inside the field. Taggers try to tag players by kicking the players' ball with their ball. Switch taggers every 2 minutes.

#### Progression:

Each player who is being tagged must join the taggers and the game continue till all the players being tagged.

**Duration:** 5-10 min

