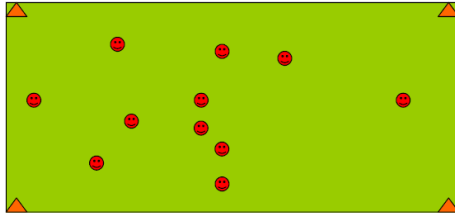
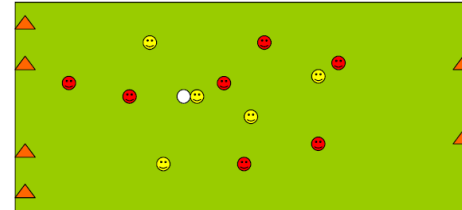


Back to Back



1. Simple pulse raiser warm up – give children activity to do in area and on the whistle they must go back to back.
2. Activities: touch ground with left/right/both hands, catch an imaginary football, hop on one foot, fly like aeroplanes, solo a football, handpass a ball around, run backwards, hit the deck, walk, change pace, change direction, shoulder an opponent, practice blocking, pick up ball, bounce etc....
3. Remember practice all skills on BOTH SIDES of the body.
4. Do not disqualify last children out as this leaves them out of the warm up.

Three Goal Defence



- Mark out pitch as above.
- Pick uneven teams (eg 7 v 5.)
- The team with 5 has one goal to defend (yellow).
- The team with 7 must defend two goals with their numerical advantage (red).

Tips

- Encourages better decision making and in the event of a team being short a play

Kicking

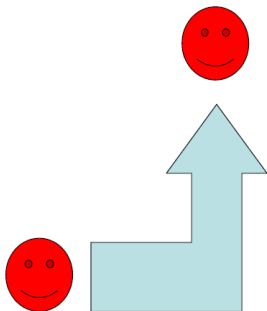
Hook Kick

The ball is kicked at right angles to where the player is facing.

- Eyes on ball.
- Shoulders to the target.
- Inside of foot is the part of the foot that is used.
- Strike just under the centre of the ball.
- Leg follows through across the body in the direction of your target.
- Toe pointing upwards.
- Follow through the ball.

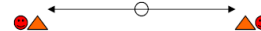
Begin 5m apart practicing off both feet to get the correct technique.

Increase to 10m & aim for ten successful passes.



Drill 1

1. Player kicks ball to coach – punt or hook kick.
2. Coach catches and holds ball in one hand so that the player must jump up and scoop
3. The ball off the coaches hand with an overhead catch.
4. Continue to bounce around the cone and back to start.
5. Next person goes.



Drill 2 – Kick to kick

In pairs 5m apart.

Children punt kick to each other.

Competition – first pair to 10 kicks is winner.

Competition 2 – first pair to 10 kicks without ball hitting ground is winner.

Competition 3 – first pair to 10 kicks with other foot is the winner.

Finish with matches