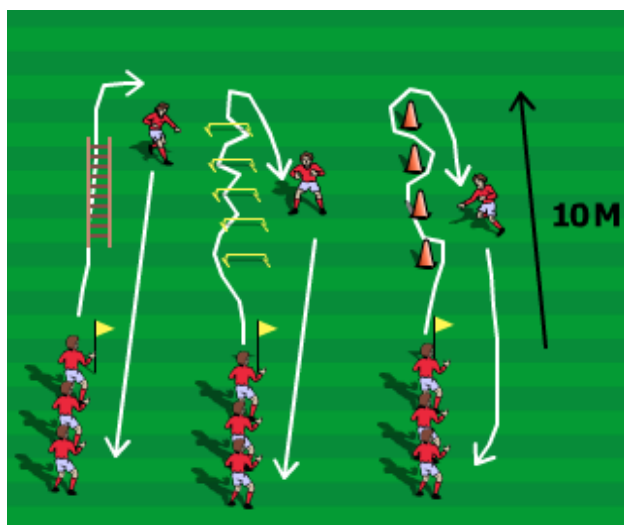


Fundamental Stage - Week 7



Focus – Physical Literacy Activity Name: Obstacle Course

Organization

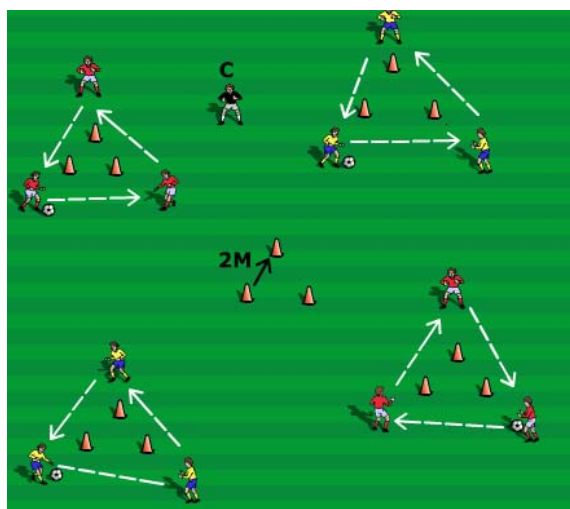
Players are divided into three teams. Each team goes to a different flag and stands in line. On coaches command players run through the different challenges, ladders, hurdles and flags and returns to their team. Once a team mate has completed the challenge the next player can go. When all teams have gone through their obstacle the teams switch and go to a new flag.

Variations:

1. Players hop through each obstacle
2. Players jump through each obstacle
3. Be creative and make up your own patterns

Emphasis

- Running
- Jumping
- Twisting



Focus – Ball Literacy Activity Name: Passing Triangles

Organization

Separate players into groups of 3. Have each group around a triangle of cones. Start off with each player having a ball. Have them perform toe taps, shuffles or ball rolls. On coaches command they all shift one spot to the right and recommence the actions.

Variations

- a. Switch directions and go left.
- b. Have the players take their ball with them when switching spots.
- c. Have them pass a ball around the triangles. Time them and see how passes they can complete as a group.

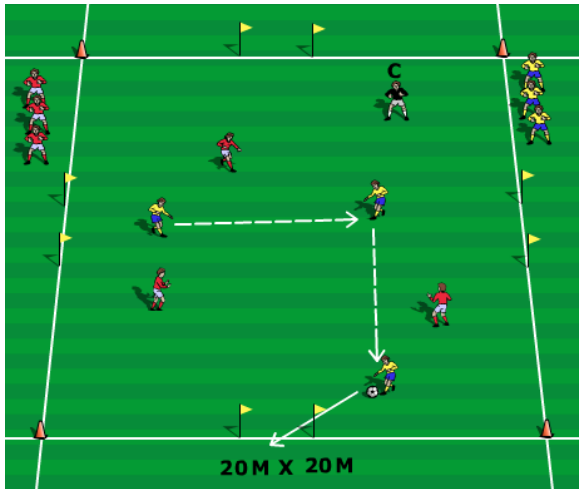
Emphasis

- Passing
- Receiving with furthest foot
- Looking up to pass



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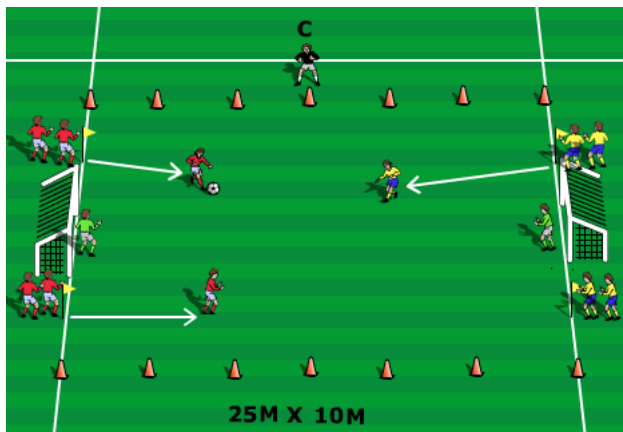
Focus – Small Sided Game
Name of Game: Four Goal Game

Organization

Set up a 20m x 20m grid with 4 goals in the middle of each side. Select two teams consisting of equal numbers. Call out 2 or 3 players from each team to run onto the field and play against each other and try and score in any one of the four goals until the coach says stop. At which time both groups return to their place behind the goal line and the coach calls another group to play. If the ball goes out of play the game can be restarted with a “kick-in” or the coach may serve in a new ball. Progressions could involve assigning 2 nets to each team to defend and 2 to attack.

Emphasis

- Passing with a purpose
- Teamwork
- Finding Space



Focus: Small Sided Game
Activity Name: 2 v 1 2 v 2 – Two Goals

Introduction

Divide players into two teams. Put the teams in two different pinnis. Goalkeeper roles the ball out to one of two players and those players attack the opposite goal. One defender comes in from the opposite side and try's to win the ball. If the defending team touches the ball or the goalkeeper gets the ball that team can add a second player and the game becomes 2 v 2

Variations

1. Game can become a 2 v 2 from the start
2. Coach can serve the balls in

Emphasis

- Dribbling
- Decision making
- Basic support play
- Passing
- Shooting/Finishing

