

Fundamental Stage - Week 8

Focus - Physical Literacy Activity Name: Donkey Tails

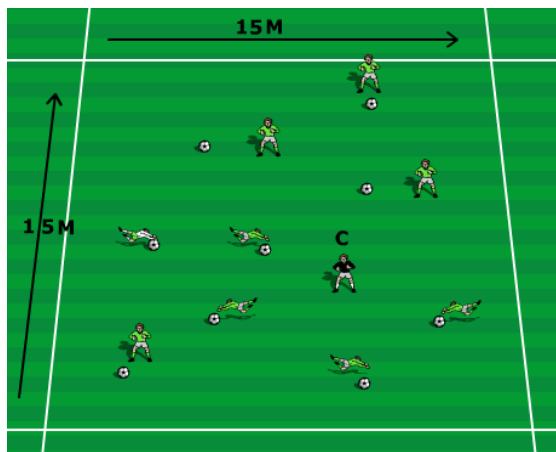
Introduction

Half the players are given a pinni to tuck into the back of their shorts as a tail. Coach shouts "Go!" players without a tail attempt to grab a tail from the players with one. Once players get a tail they must now avoid having it taken.



Emphasis

- Running
- Change of Directions
- Finding Space
- Having Fun!



Emphasis

- Ready position, palms faced outwards, weight forward, on toes
- Diving on the ball
- Hands on to and behind the ball.

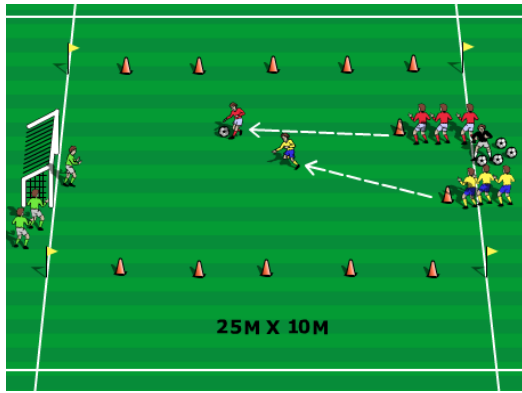
Focus – Goalkeeping Activity Name: Ready position and basic diving

Introduction

All the players find a space in the grid. Each player has a ball. Players place the ball to their left or right and kneel next to the ball. On coaches command players dive on the ball. Players then switch sides. When players get comfortable diving from the knee's they can start from the standing position.

Variations

1. Players run around and when coach shouts "dive" players dive on the nearest ball
2. Players can attempt different types of diving, Sideways, forwards etc



Emphasis

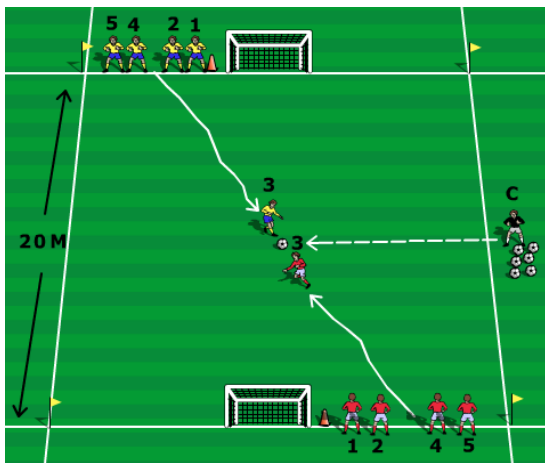
- Attacking the goal
- Shooting/finishing
- Goal Celebrations!

Focus Shooting
Activity Name: 1v1 to Goal – Player behind

Organization

Start with two lines; (Attackers & Defenders) with the attackers slightly ahead of the defenders. The attackers start to dribble with the ball towards goal. Once the attacker is an appropriate distance away, the coach tells the defender to go and put pressure on the attacking player from behind. If defending player wins the ball they try and pass it back to the coach.

Coaches: Allow for offensive success at first and be mindful of the different physical and technical abilities of the players when deciding when to release the defender. Game can be played with or without goalkeeper.



Emphasis

- Dribbling
- 1 v 1
- Beating opponents
- Shooting
- Goal celebrations
- Teamwork

Focus – Small sided Game
Name of Game – Chain Soccer

Organization

Set up a small grid, depending on number of players. Separate players into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player/parent combo from each team enters into the field to challenge for the ball. Players try to score on opposing side while defending their own side. Players not called can act as goalies on their side. Increase the # of players to 2 or 3.

Variations

Add goalkeepers to the game

