



BELWEST FOXES SOCCER CLUB INC.

“SKILL SET PEEWEE’S, U6 TO U8”

PART 3

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THE MIDDLE

FUN FOOTBALL EXERCISES

Empty it! Fill it!

Robin Hood

Feather the nest

Pairs through the gates

Round 'em up

1v1 mini-games

Colour code

Pass and move

Beehive

Simon says

FUN FOOTBALL EXERCISES

The middle part of a training session for kids should be made up of fun exercises that are related to the game of football.

Remember that football is a very complex game and it must be simplified for younger players.

Your role is to introduce young players to football in its fundamental form and not to fast-track them into understanding adult, 11v11 concepts.

By using the content of this book, you will best serve the needs of the players in your care and provide the correct foundation for their future development.

Children are not small adults. At the earliest stage, a child's interest in the game called football must be gradually developed. Then, the essential rules concerning the playing fields, the ball, the duration of the game, the number of players, must be adapted according to the individual age group.

STATEMENT FROM FIFA, THE WORLD GOVERNING BODY FOR FOOTBALL

Nature decrees that children should be children before they become adults. If we try to alter this natural order, we will reach adulthood prematurely but with neither substance nor strength.

JEAN J. ROUSSEAU

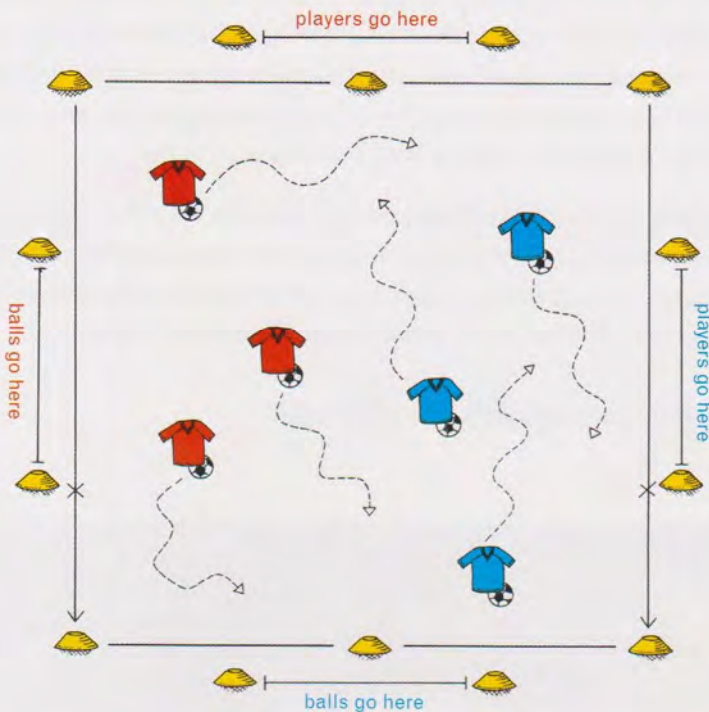
EMPTY IT! FILL IT!

THE MIDDLE: EMPTY IT! FILL IT!

Mark out a 14 m × 14 m square.

Players in two teams dribble balls around the square. Outside the square, each team has two lines marked: one for their balls and one for themselves. On the call 'empty it!' the teams compete to be the first to empty the square.

On the call 'fill it!' the teams compete to be the first to get all their balls and themselves back in the square.



THE MIDDLE: EMPTY IT! FILL IT!

ROBIN HOOD

THE MIDDLE: ROBIN HOOD

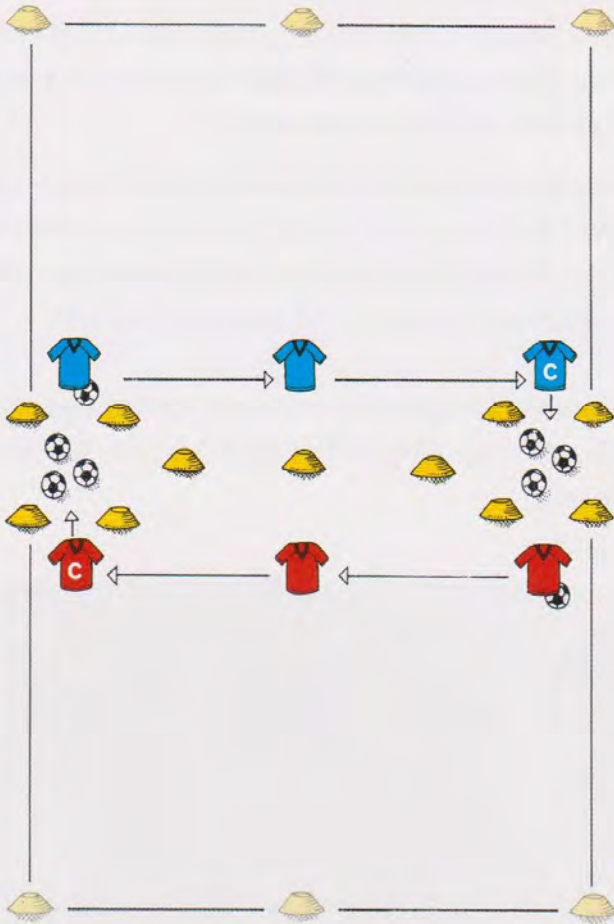
Two teams of three split up as shown in the diagram opposite. Each team starts with an equal number of balls in their 'safe'. When the game begins, each team can start stealing balls from their opponent's 'safe' – there is one 'thief' who takes a ball and passes it across the first 'moat' to their teammate; they then pass it across the second 'moat', to their team's 'collector', who puts it in the team's 'safe'.

Meanwhile, their opponents are doing the same with their balls! After a set time period (e.g. two minutes), see which team has the most balls in their 'safe'. The team that passes and controls the balls best will have the most balls in their 'safe' and will therefore be the winners.



You can't use your hands – feet only!





		thief		safe
		collector		

FEATHER THE NEST

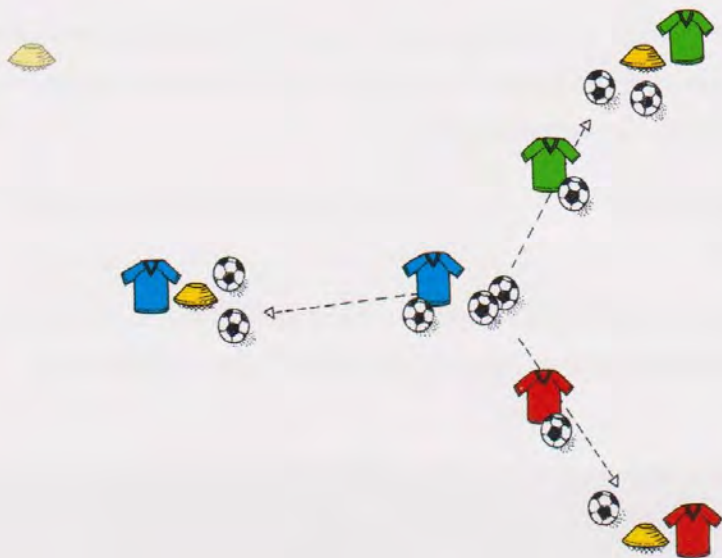
THE MIDDLE: FEATHER THE NEST

Mark out a triangle with sides 10–12 m long. Three teams of two players are positioned at each corner with a cluster of balls in the middle of the triangle. The object of the game is to gather as many balls as possible for the corner or 'nest' within a set time period.

One player from each team runs to the middle of the triangle to get a ball and dribbles it to their corner, or nest, and leaves it there. Their teammate then does the same. When all the balls in the middle of the triangle are gone, players can take them from someone else's nest.



Players are NOT allowed to stop others from taking balls from their nest – no blocking, defending, tackling, etc. No hands! Feet only.



THE MIDDLE: FEATHER THE NEST

PAIRS THROUGH THE GATES

THE MIDDLE: PAIRS THROUGH THE GATES

Mark out an area about 7 m × 10 m and set up four small gates – two cones about two metres apart.

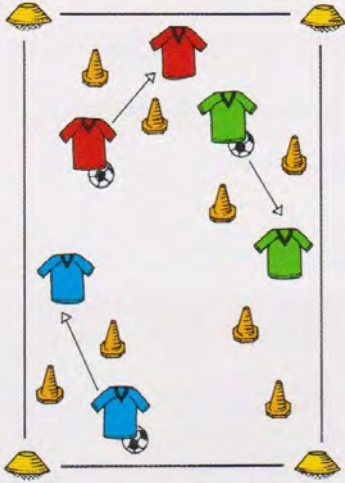
The players run around the area in pairs with a ball between them and pass it through the gates to each other until they have performed a successful pass through each gate.

The winning pair is the first to pass through every gate and wait outside the area.

Before moving to the next activity, have a competition to see which pair (one at a time) can pass through the most gates in 20 seconds.



THE MIDDLE: PAIRS THROUGH THE GATES



ROUND 'EM UP

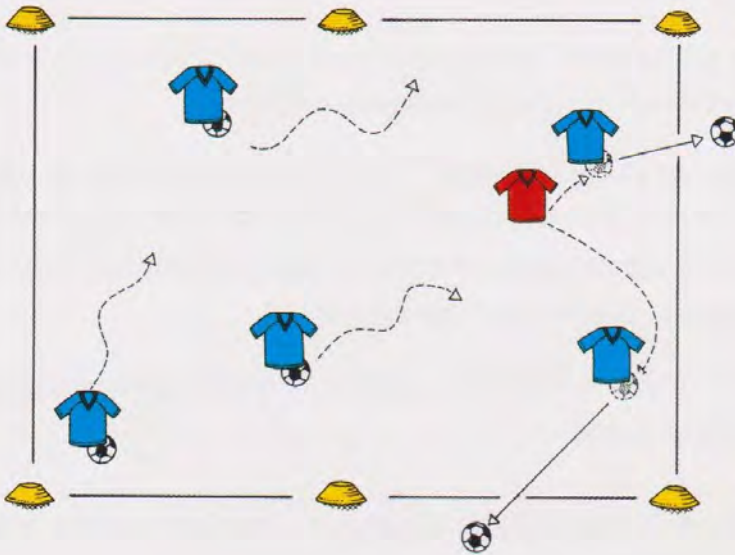
THE MIDDLE: ROUND 'EM UP

Five players dribble their balls inside a 10 m × 14 m area. On your call 'round 'em up!' the sixth player tries to 'round up' all five balls, by kicking them out of the square.

Allow 30 seconds for players to 'round up' as many balls as possible.

Take turns so each player has a go at rounding up the balls.

THE MIDDLE: ROUND 'EM UP



1v1 MINI-GAMES

THE MIDDLE: 1v1 MINI-GAMES

Make three small areas about 10 m × 7 m.

Players play 1v1 on each mini-field and score by dribbling the ball over the opponents' line.

Think of safety when setting up; avoid scenarios where players could dribble into each other by allowing buffer zones.

Keep rotating so opponents are changed regularly. Rotation also allows a period of rest, so control how long rotation takes depending on how fatigued the players seem. You could also give some brief hints to the whole group in order to give them a rest.

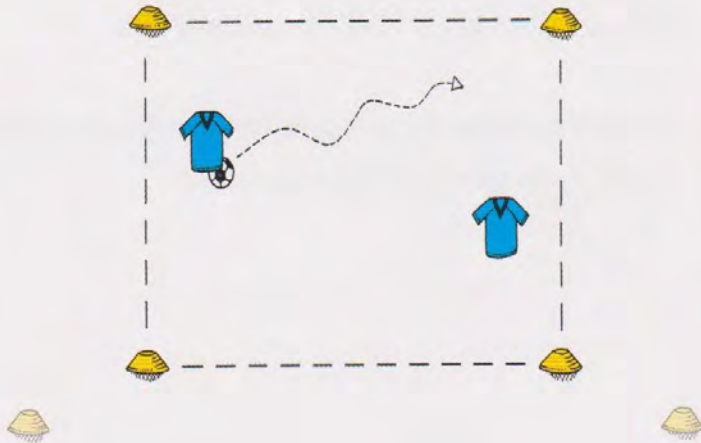
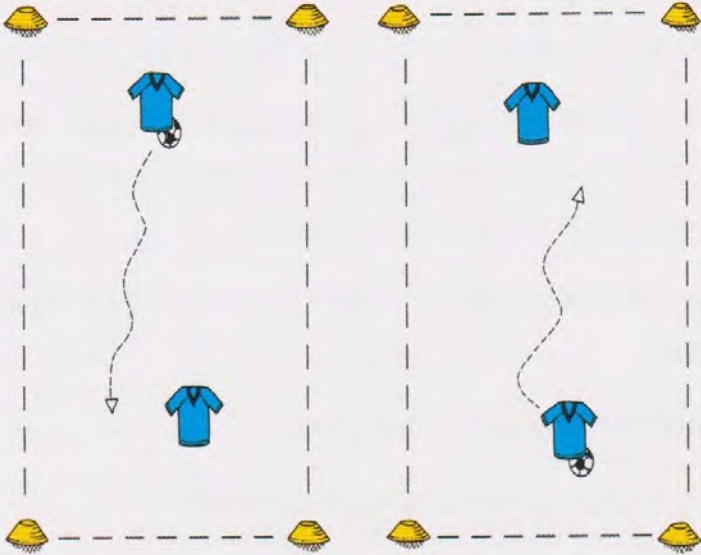
If enough cones are available, progress to a small goal on each end-line for players to score in.



You will also need a good supply of spare balls, as they tend to go everywhere when shooting is introduced.



THE MIDDLE: 1v1 MINI-GAMES



COLOUR CODE

This activity should be arranged in half of the basic set-up area and requires cones of at least two different colours (the more colours the better!). The cones are arranged randomly.

Players dribble their balls round the outside perimeter of the area.

Call out a colour and the kids must dribble into the square, around the cone of that colour, and back outside the square. The winner is the first one back outside with their foot on their ball.

Remind players to keep their heads up and watch out for possible collisions.

Variations with two cones of each colour:

- round the *nearest* cone of the colour called out
- round *both* cones of that colour
- call two colours, players dribble round one of each



There are more possible variations, limited only by the number and colour of your cones, and your imagination!



PASS AND MOVE

THE MIDDLE: PASS AND MOVE

This activity requires two players with a ball and four players without.

The players with the balls start by dribbling. When they see another player ready to receive the ball, they pass to them, then move to another part of the area. When a player receives the ball, they dribble until they can see another player who is ready to receive the ball. They then pass the ball to that player and move. Players are constantly moving, either looking to receive one of the two balls, or looking to pass to one of the players without a ball.

Progression:

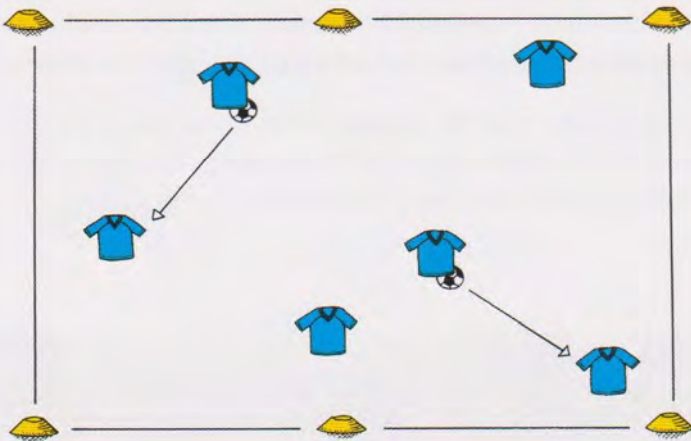
- three players with a ball and three without

This activity helps develop vision and communication and introduces the concept of passing the ball to a teammate, which is often difficult to grasp for a naturally self-centred under-seven!



Passing will begin to be more evident from under-eights upwards.

THE MIDDLE: PASS AND MOVE



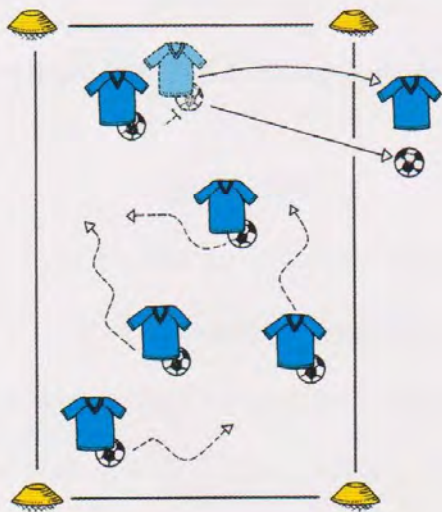
BEEHIVE

THE MIDDLE: BEEHIVE

Six players with a ball each dribble around an area about 7 m × 10 m (one quarter of your basic set-up).

They attempt to kick the other players' balls out of the area while keeping their own ball under control. The players must be careful – while they are kicking someone's ball out, someone else might kick theirs out!

If their ball is kicked out, the player must leave the area immediately without kicking any other balls out. The player can fetch their own ball and wait until there is a winner and the game starts again.



THE MIDDLE: BEEHIVE

SIMON SAYS

THE MIDDLE: SIMON SAYS

Players dribble freely around the area with a ball each. Give the kids various tasks and challenges, which they must do **ONLY** if you say 'Simon says' at the start of the sentence. Therefore, sometimes you use 'Simon says' and sometimes you don't – see who's listening!

The players must avoid touching anyone else's ball, and must not let anyone else touch their own ball.

Possible tasks:

- **STOP!** (Means stop dead with your foot on your ball.)
- **TURN!** (Quickly go the other way with your ball.)
- **OUT!** (Run outside the square and put your foot on your ball.)
- **CHANGE!** (Leave your ball and find another one to dribble; who is the last one dribbling a new ball?)
- **LEFT!** (Dribble around the area touching the ball only with your left foot.)
- **RIGHT!** (Dribble around the area touching the ball only with your right foot.)
- Use your imagination!

Take points off the last player to do what 'Simon says' and give points to the player who does it first.

Take points off anyone who does something when you don't say 'Simon says' or give points to those who don't.



Use instructions like 'Simon says sit next to your ball' or 'Simon says get a drink from your bag', to give the players a rest when needed.

THE MIDDLE: SIMON SAYS

Belwest Foxes Soccer Club Inc.

NOTES