



2013 GOAL KICK PROGRAM

Developed by Eugene Lawrenz

This program has been developed as a compliment to the book 'Football for Kids' by FFA's Kelly Cross. It seeks to provide additional resources and guidance for coaches of the U5, U6 and U7 age groups.

The 3 main things you are aiming for in every session are:

1. **Fun** if it isn't fun, don't do it!!
2. **Full Participation** everyone involved in everything – no queues, no waiting around
3. **Football** no drills, just games that look like football

Goalkick Season Objectives

- Always encourage fair play and end games with shaking hands lines
- Always encourage skill, creativity and teamwork
- Develop first touch, passing and running with the ball using game play



Other Tips

- Coaches can join in too (as passive defenders or teamwork leaders) – have fun and they will too
- The most important skills are enthusiasm, treating everyone equally and encouraging everyone
- Always be positive and players will be too – avoid punishments

| Week | Date |
|---------|------------------------------------|
| 1 | May 5 |
| 2 | May 12 |
| 3 | May 19 |
| 4 | May 26 |
| 5 | June 2: SSF World Cup |
| June 9 | |
| 6 | June 16 |
| 7 | June 23 |
| June 30 | |
| July 7 | |
| 8 | July 14 |
| 9 | July 21 |
| 10 | July 28: SSF World Cup |
| 11 | August 4 |
| 12 | August 11 |
| 13 | August 18 |
| 14 | August 25 |
| 15 | September 1: SSF World Cup & Party |

Set Up Variations

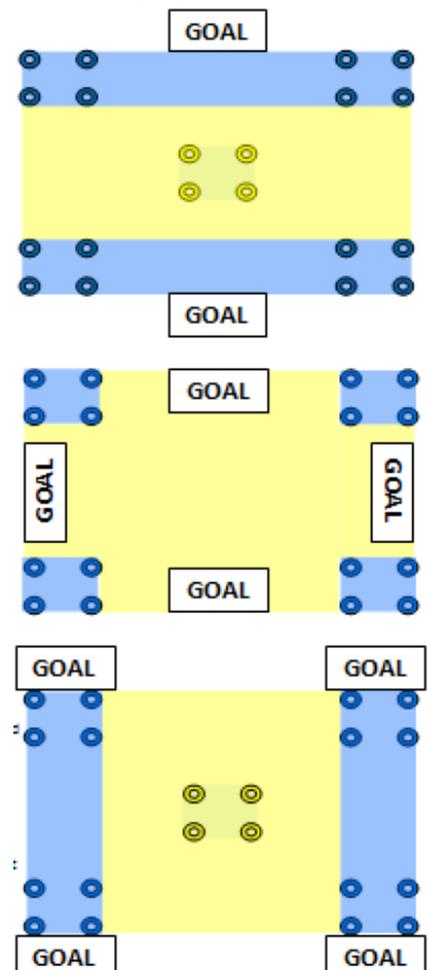
- One goal each goal line (2 total)
- One goal per corner (4 total)
- One goal per side (4 total)
- Players cannot go into certain zones
- Players must shoot in zones in front of goals
- Players can only score in either wide zone
- Get players to help you pack up

Picking Teams for Games

- Randomly
- Team A, Team B, A, B, A, B etc
- Clumps: call out random group sizes players must get into (if you want to end up with teams of 4 then last number to call out is 4)

Rules to Remember

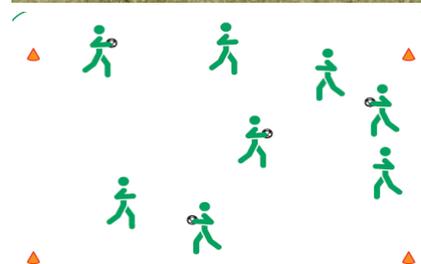
- No goalkeepers at this age
- Kick-ins not throw-ins (pass or dribble)
- No corners, always goal kicks (opposition must retreat 1/3 and taker passes or dribbles)
- Try using lots of different balls (size, weight etc) for technique and coordination



ADDITIONAL EXERCISES / GAMES

Extra Ideas for 'Simon Says' (be creative – there's so many things you can do)

- Dribble around using left foot only, but don't bump into anyone else
- High five each of the coaches as you dribble around
- Dribble around a blue cone, now yellow, now red
- Leave your ball and find another one
- Assign skills to a number (1 = turn, 2 = freeze etc)
- Chase the coaches with your ball
- Be chased by the coaches with your ball
- Red light, green light, reverse, left, right, speed hump
- Juggle with feet, thighs, let it bounce in between
- Touch ball with different body parts (elbows, head etc)
- Ball hops on the spot, going forwards, backwards
- Backwards then forwards ball hops one foot at a time
- Knee hops (same as ball hops but with knees)
- Bunny hops (ball between ankles), small and big
- Scoop ball up with your toes then catch
- Trap ball on each foot, try hopping
- Trap ball on back of your neck, trying walking
- Drop ball and catch with each foot, or between knees
- Throw ball up then trap under your foot when it lands
- Do lots of scissors (step-overs), try going forwards as you do it
- Tap ball between toes as fast as possible, go forwards, backwards, side to side
- Every second player has a ball, run around throwing/passing your ball to whoever doesn't have one
- Some players stand with their legs apart as gates, the others race to dribble their balls through to score the most goals in 2 minutes



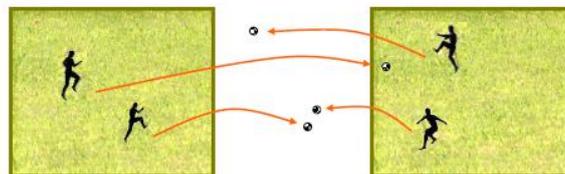
'Crabs' (make sure players are careful not to step on other players' hands)

2-4 crabs (players on hands and feet with their back facing the ground)
 All other players try to dribble past them to other end of the area
 If a crab steals your ball, you join their team the next time players dribble past
 The last 2-4 start the next game as the first crabs (make sure all players get a go at starting)



'Sharks' (same as crabs but harder for attackers)

Players can stand up and tackle normally ('sharks')
 'Fish' need to 'swim' a lot faster to other end to avoid being 'eaten'
 Teach proper block tackling technique (no big swings towards shins)



'Clean your Room'

Two teams split into each half with a ball each
 Players pass their balls with the inside of their foot into the other team's area
 Keep doing this as new balls come into your area from the other side
 The only rule is players must take a touch before passing it back i.e. no 'booting'
 After 1-2 mins see which team's room is the cleanest

'Netball / Football'

Try to keep the ball off the other team using your hands, but the player with the ball cannot move, so their teammates have to move to get into good positions. Some variations include:

- Passes must be bounced off the ground
- Passes must be thrown and caught one handed
- Hop on one leg as you move around



Match Variations

- 2 simultaneous small games (e.g. 3v3) in each half
- Crab football (on all fours passing with hands)
- To score get 5 passes in a row
- Before scoring, teams must complete 3 passes
- Have a neutral/'joker' player, passing to the neutral twice is a goal
- Have two goals each end in the corners ('4 goal football')
- Have a goal on each side, both teams can score in any goal
- Use big goals without goalkeepers
- Use an end zone that players need to dribble into and stop the ball with the soul of their foot to score ('line football')
- Players can only score within an end zone
- All players must be passed the half way line before the team can score
- Replace goals with a bunch of cone goals randomly throughout the area that teams must pass through to score ('pass to score')
- Play with 3 teams (one team resting) and encourage teams to score as fast as possible (whoever scores goes off)



Dribblers and Robbers

Game Based Skills (5 minutes)

Players with a ball (dribblers) move around the playing area.

One or two players without a ball (robbers) attempt to intercept dribblers' balls without making body contact. Robbers who intercept a ball take possession of it and become dribblers.

Dribblers who lose possession become robbers and try to gain possession of another dribbler's ball, but not the ball they have just lost.

