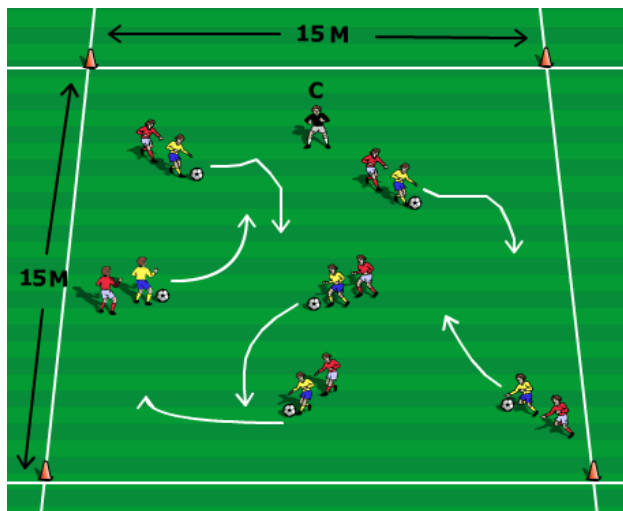


Fundamental Stage - Week 6



Focus: Physical/Ball Literacy
Activity Name: Follow the leader

Introduction

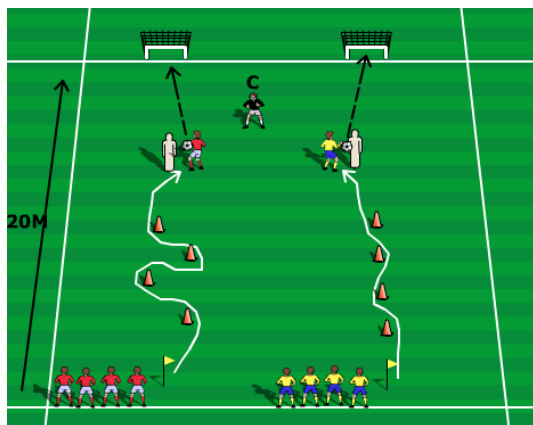
Activity starts with players getting into pairs with 1 ball. Player with the ball leads while the player without the ball follows. Players should try and dribble into space keeping the ball close to them and under control. Encourage changes of directions. Have players switch roles.

Variations:

- Have player without the ball lead and player with the ball follow
- Play a game of tag with one player on the ball and the other without.
- Play a game of keep away between the players

Emphasis

- Dribbling
- Changing Direction
- Having Fun!



Focus: Ball Literacy
Activity Name: Dribble to Shoot

Introduction

Divide players into two teams. Players dribble through the cones and when they get to the manikin/cone, players take a touch with the outside of the foot and strike at the empty goal. Players retrieve their ball and the next player goes. Players are encouraged to use left and right foot to strike at goal. Player encouraged to use different types of finishing i.e., laces, side of foot. Coach can keep score on success of each team.

Variations:

1. Player try different 1 v 1 moves to get by the target
2. Add a goalkeeper

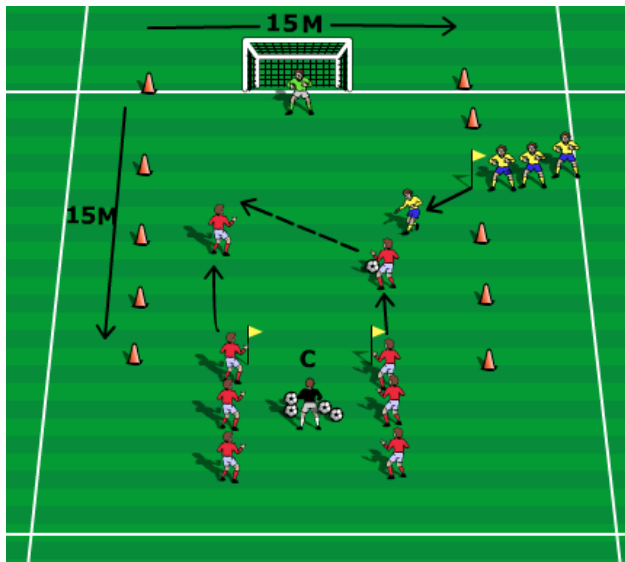
Emphasis

- Dribbling using inside and outside of foot
- Preparing to shoot
- Shooting on goal



CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER





Focus: Ball Literacy
Activity Name: 2 v 1 Attack

Introduction

Players are divided into two teams. One team acts as defending team. Coach plays ball to the attacking team who have two players who attack the goal and try and score. If defending team wins the ball, player passes the ball to the coach.

Variations:

1. Game can be played with or without goalkeepers.
2. Defending team can add a player to make it a 2 v 2 game

Emphasis

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



Focus: Small Sided Game
Activity Name: 3 v 3 game

Introduction

Divide players into two teams. Put the teams in two different pinnis. Players play in a regular 3 v 3 game. Coach can have two games going at the same time, or have one game with subs dependant on numbers. Coach plays the ball in when the ball goes out of play.

Variations

1. Kick in at the point when the ball goes out
2. Add goalkeepers

Emphasis

- Direction
- Let the players play
- Basic Shape/Support

