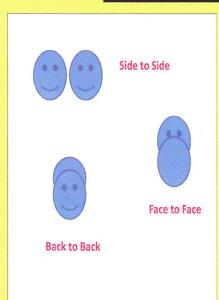
UNDER 6 - 6 WEEK KICKING PROGRAMME

| WEEK | WARM-UP | GAME 1 | SKILL | GAME 2 |
|------|---------------------|---------------------|------------------------------|--------------------|
| 1 | Back to Back | Bean Bag Dribble | Dribble | Bean-Bag Minefield |
| 2 | Bean Game | Kick for Bull's Eye | Dribble & Kick | Through the Gates |
| 3 | Mr & Mrs Game | Target Cones | Ground Kick Side of Foot | Kick for Goal |
| 4 | Mirror Dodge | Off the Domes 4A | Ground Kick Front of Foot | Skittle Knock Down |
| 5 | Signal Man | Over the Bridge 5A | Punt Kick (Two Hands) | Over the River |
| 6 | Turtle Flip Chasing | Square Ball | Punt Kick (One Hand) | Clear the Zone |

Back To Back: Week 1



How to Play?

- Children move about the area and on coach's command to stop children must get back to back to the pupil closest to them
- Have an odd number playing so that the last person not standing back to back does the calling
- This person then joins in and gets a chance to rejoin the game

Back to Back

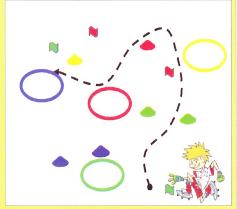
Make it harder

- · Challenge them to jog/sprint
- Challenge children now go side to side, hip to hip, lying down feet to feet etc.
- Use a smaller playing area
- Challenge them to move sideways or backwards as they move about

Make it easier

- Walk /crawl according to ability
- Use a larger area in order to give more time to find a partner
- Start with a few pairs and gradually introduce more children as game progresses

KICKING: Week 1 Game 1: Bean Bag Dribble



FOCUS

 In this game we are developing the ability to: dribble a bean bag, look for free space and make good decisions in possession

RULES - HOW TO PLAY

- Make gates by placing cones about play area
- Place hoops about the other free spaces
- Dribble Bean Bag about the floor with feet
- Aim to dribble bag through different gates
- Points given for each gate dribbled through

Variation - for the more skilful children

 On signal find a free hoop and stop ball in hoop

- On signal trap the ball with the bottom of foot
- Add a defender to kick balls away
- Work in pairs and aim to pass objects through the gates

EASIER

- Use bean bags or other non 'rollable' objects like tied up towels
- No gates on floor
- Dribble looking for free space

COACHING POINTS

HEAD

Keep head up when not touching bag/ball to look for free spaces

HANDS

Keep one/two hands out for balance

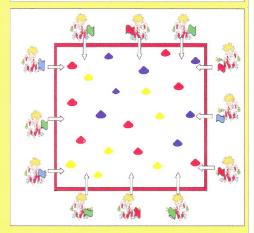
FEET

- Keep bean bag/ball close to feet by tapping gently as you dribble
- Use insides and outsides of both feet to dribble

EQUIPMENT

- Bean Bag per child
- 2 domes per child

KICKING: Week1 Game 2: Beanbag Minefield



FOCUS

 This game is designed to introduce young children to using their feet to control and strike an object

RULES - HOW TO PLAY

- Children split into four teams nos. 1 to 4
- Each team lines up along one side of the square 6m x 6m with spaced out domes (mines)
- On a call, one team quickly dribbles their beanbags through the minefield to the far side
- As game progresses 2 teams and eventually 4 teams may be challenged to move through the grid at the one time
- Each child starts with 5 lives
- A life is lost every time the child's foot or beanbag touches one of the mines (domes)

- Introduce more mines cones, hoops etc.
- Use a large ball instead of beanbag to dribble/solo through
- Allow more than one team to move at a time

EASIER

- · Remove some of the mines
- · Increase the size of the playing area
- · Allow more lives from the beginning

COACHING POINTS

HEAD

 Keep head over the ball, eyes firmly fixed on the ball throughout

HANDS

 Use hands and arms for balance for added control when dribbling and stopping object

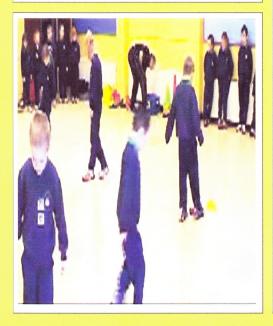
FEET

- Use instep of foot to move the bean bag by tapping gently
- Keep one foot in front of the other when dribbling
- Bend knees when dribbling and stopping

EQUIPMENT

- Beanbags
- Domes
- Balls (if required)

WEEK 1: SKILL CARD 1: Ground Dribble



KEY COACHING POINTS

HEAD

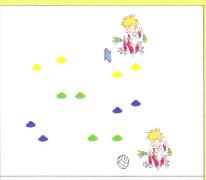
Eyes on ball or beanbag

HANDS

 Use arms to balance body as you dribble

FEET

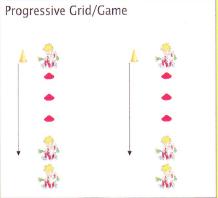
- Use the inside/outside to dribble the ball/beanbag
- Use the sole of foot to trap/stop the ball



- Use beanbags
- Use soft ball if no beanbags or outdoor
- Widen gates for players to dribble through

MORE DEMANDING

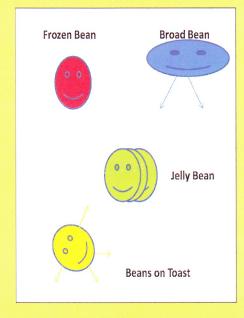
- Use both feet
- Use different sizes ball
- Use inside, outside and toe of foot to keep control of beanbag/ball



HOW TO PLAY

 Dribble the beanbag zigzagging through the red domes....turn around the cone and straight back to next player...team races...lead with right foot then with left

Bean Game: Week 2



How to Play?

- Aim to follow teacher's instructions moving in and around the area
- Challenge children to move about and carry out actions on command ...
- i.e. Frozen beans (freeze), Jelly beans (wobble), broad beans (stand wide), beans on toast (lie on floor) Runner Bean (run about) etc.

Bean Game

Make it harder

- Actions must be completed on one leg
- · Children work in pairs
- All children work together in a smaller space
- Get children to come up with new ideas
- Add other beans for varied actions

Make it easier

- Use half class so the others can watch and copy
- Start with 1 bean command and introduce slowly

WEEK 2: SKILL CARD 2: Ground Dribble and Kicking



KEY COACHING POINTS

HEAD

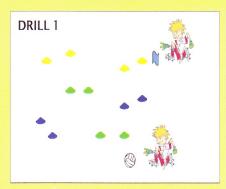
Eyes on ball or beanbag

HANDS

 Use arms to balance body as you dribble and kick

FEET

- Use the inside and outside of both feet to dribble the ball/beanbag
- Use the sole of foot to trap/stop the ball



- Use beanbags
- Have wide gates to dribble through
- Use soft ball if no beanbags

MORE CHALLENGING

- Use both feet
- Use different sized ball
- Pass through gates and trap under foot at the other side



HOW TO PLAY

- Dribble the beanbag through the red domes
- Trap the beanbag and then shoot through the cones

KICKING - Week 2 Game 1 - Kick for Bull's Eye

FOCUS

· Develop feel for kicking skills on the ground

RULES - HOW TO PLAY

- Mark out circles preferably in chalk
- Radius 2m/4m 6m
- · Children on the outside aim to kick the Ben Bag/ball into one of the circles
- Each area is coloured coned and more points should be awarded for ball finishing close to the middle
- Must kick from outside the cones

- · Challenge child to move further back from cones
- Make the scoring area smaller and add defenders to prevent scores
- Challenge kicking using both feet
- Have more scoring zones so the scoring area is further away from kicking point

EASIER

- Move closer to the cones and use bean bags initially
- Increase the scoring areas
- Increase the number of points awarded for a score

COACHING POINTS

HEAD

 Look at where you want to kick the ball, then keep head down and eyes looking at the ball at all times

HANDS

 Use your arms for balance by swinging the arm on the kicking side out to the side of the body while the other arm moves slightly backwards

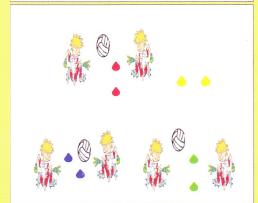
FEET

- Support foot (foot not kicking object) should be planted to the side of the ball
- Follow through with your kicking foot towards the target that you are kicking to

EQUIPMENT

- Domes
- Cones
- Hoops

KICKING: Week 2 Game 2: Through the Gates



FOCUS

 This game focuses on the accuracy of the kick passing and also spatial awareness to see where to move to find the free gates

RULES - HOW TO PLAY

- Players work in pairs
- Begin with players trying to kick or punt to each other through their own set of gates
- Progress to moving about grid kicking the ball through gates
- Target could be either trying to score through all the gates or attempting as many goals in a set time i.e. 30 secs.

- Make the goals smaller
- Use their weaker foot
- Introduce a few players to prevent scores

EASIER

- Increase the gates size
- Kick along the ground using slightly deflated balls
- Roll or Hand/Fist pass through the gates

COACHING POINTS

HEAD

- · Look up to see where your partner is when not dribbling or
- Keep your eye on the ball when kicking
- Count '1, 2' before lifting head

HANDS

 Use big hands to catch the ball and point to what gate you are travelling to

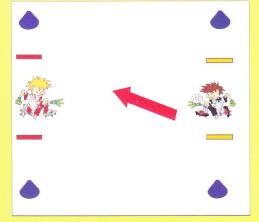
FEET

- Kick with the hard part of your foot and follow through
 If kicking with right foot left leg should be forward

EQUIPMENT

- 5 footballs per grid
- 4 Domes per grid
- 10 cones for the gates per grid

KICKING: Week 3 GAME 2: Kick for Goal



FOCUS

· This game works on players' accuracy with punt kicking and decision making

RULES - HOW TO PLAY

- Players aim to punt kick through their opponents goal
- 2 points for getting it between the poles
- 1 point for getting it between poles and cone
- Opponent is trying to prevent the kick going by him/her
- First to score 10 points is the winner

- Make the goals smaller
- Increase the distance of the kick
- Only get points for scoring between the poles

EASIER

- · Widen the goals
- Decrease the distance of the kick
- Use a bigger ball

COACHING POINTS

HEAD

· Look up to your target, then keep eyes on the ball when kicking

HANDS

 Hold the ball with your two hands, if kicking with the right foot drop it down off your right hand to right foot

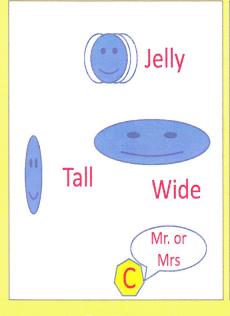
FEET

 Hit the ball with a hard part of the foot using the laces of the boot, keep toes pointed down and follow through after the kick

EQUIPMENT

- 4 poles
- 4 Cones
- 1 Ball

Mr & Mrs Game: Week 3



How to Play?

 Coach says the name of a Mr Man and children have to move like them:

Example ...

- Mr. Slow –move slowly
- · Miss. Rush- move fast
- Mr. Jelly shake your whole body
- Mr. Crouch crouch and move
- · Miss. Tall Stretch up & move
- Mr. Strong Move about flexing your muscles
- Mr. Bounce etc..
- The children can add their own ideas

Mr & Mrs Game

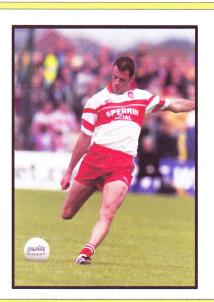
Make it harder

- Children complete actions after travelling about
- · Add more commands
- Use more complex instructions (Mr Roly, Mr Shimmy)
- Challenge them to perform the opposite action to the one called.
- The children can add their own ideas

Make it easier

- Use simple instructions
- Use 2 or 3 commands initially before introducing more as memory improves
- Complete actions while stationary

WEEK 3: SKILL CARD 3: Ground Kick - Side of Foot



KEY COACHING POINTS

HEAD

Eyes on the ball, head looking down

HANDS

 Use your arms for balance when kicking ball

FEET

- Standing foot should be planted to the side of the ball
- Kick with inside of foot

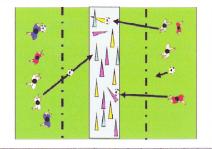


 Allow the child to take more than 2 touches to stop, control ball and set up again before kicking against the bench

MORE DEMANDING

- Keep the ball moving without taking a second touch
- Use the non dominant foot to kick the ball against the bench

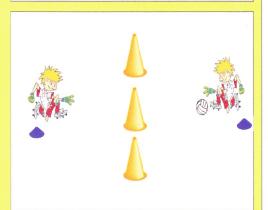
Skittle Knock Down



HOW TO PLAY

- Divide into 2 equal teams (4v4)
- Players on each team have to try and knock over the cones as shown above
- Emphasis is on kicking from the side of the foot
- Points will be awarded for knocking over different sizes of cones
- Large purple cones = 3points
- Medium yellow cones = 2 points
- Small blue cones = 1 point

KICKING: Week 3 GAME 1: Target Cones

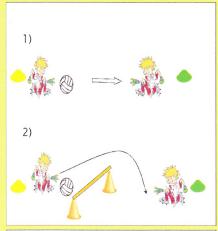


FOCUS

· Kicking with accuracy, using inside of foot

RULES - HOW TO PLAY

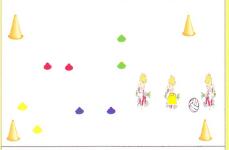
- 1 with 1
- Kick ball with inside of foot from the ground
- Kick the ball at the cones
- If ball touches cone 1pt
- If cones fall 2pts
- Add up scores together
- Player with most points at end of one minute is winner



Less distance between kickers

MORE CHALLENGING

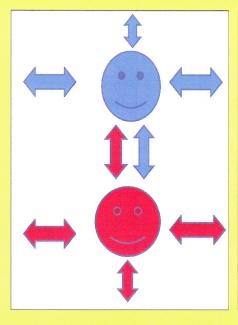
- Double points for kicking over hurdle in front
- Increase kicking distance



HOW TO PLAY

- Teams of 3 in a marked out grid
- One player acts as a goal keeper while the other two try and score through the various domes/cones
- Cones are further apart than domes, therefore more points should be awarded if ball travels through smaller space
- if ball travels over the goal-keepers head then double points should be awarded

Mirror Dodge: Week 4



How to Play?

- Organise children in pairs and number children 1 & 2
- No. 1 acts as a mirror and moves in different directions facing their partner
- No. 2 acts as a reflection and attempts to mirror No. 1 i.e. if No. 1 moves to their left, No. 2 moves to their right, it No. 1 moves backwards, No. 2 should move forwards etc.

Under 6 Handling - Week 4

Mirror Dodge

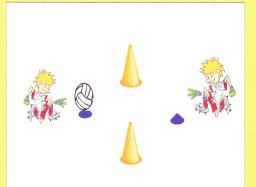
Make it harder

- Challenge children to complete more complex movements i.e. Hop, jump etc.
- Challenge mirror to do opposite to partner i.e. go right while partner goes the other way, partner moves backwards while you move forwards etc.

Make it easier

- Isolate movement by getting children to do movements on the spot, before walking and then running
- Mirror moves slowly initially before speeding up as skill improves

KICKING: Week 4 Game 1: Off the Cone



FOCUS

Introduce Ground kicking with hard foot (off the top of the laces)

RULES - HOW TO PLAY

- 1 with 1
- Kick ball with hard foot (the top of laces) off the cone
- Kick the ball through the gate to partner (1pt)
- If partner controls ball first time = 2pts
- · Add up scores together

Under 6 Handling - Week 4

- Move further away from partner after each successful kick
- Use non-preferred foot
- · Kick from the hands using hard foot
- Move large cones closer together

EASIER

- Move closer to partner
- Move large cones further apart
- Use a foam ball and kick from the ground initially before attempting out of the hands

COACHING POINTS HEAD

- Keep head down count '1,2' before lifting head
- Look at a spot on the ball in the centre or slightly below where you hope to make contact
- Eyes on sweet spot as you run up

HANDS

· Arms out to the sides to help balance

FEET

- Support foot behind and to the side of the ball
- Toe pointing down
- Use hard foot / hit off the laces
- Follow through in direction of partner

EQUIPMENT

- Ball for each pair
- 2x flat cones
- 2x large cones

KICKING: Week 4 Game 2: Skittle Knock Down



FOCUS

 To challenge accuracy in the ground kick while aiming at targets

RULES - HOW TO PLAY

- Set up 10 skittles in formation 4, 3, 2, 1
- Using the ground kick see how many skittles you can knock down
- Partner then tries to beat it
- One partner kicks the other sets up
- Score 1Point for each cone knocked down
- Winner Most cones knocked down after 5 kicks each

Under 6 Handling - Week 4

- Move the ball further away from the skittles
- Use less skittles
- Use weaker foot

EASIER

- Move closer to the target
- Use more skittles

COACHING POINTS

HEAD

· Head down through the strike, with eyes on the ball

HANDS

 Use your arms for balance - swing the arm on the kicking side out to the side of the body while the other arm moves out and slightly back

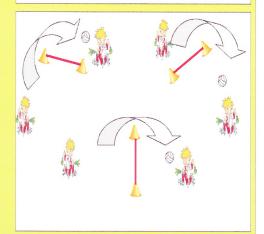
FEET

- Move towards ball and plant standing to the side of the ball
- Keep a hard foot (Toe Down Heel Up) and swing your leg fast as you kick through the Sweet Spot

EQUIPMENT

- Light large soft ball
- Smaller first touch ball
- Marking dome
- Skittles x 10

KICKING: Week 5 Game 1: Over the Bridge



FOCUS

To challenge player's ability at Punting using targets

RULES - HOW TO PLAY

- Players with 2 domes and a cane set up bridges as shown
- 2 Players each with a ball aim to Punt the ball over the different bridges
- Players must be aware of other pairs and look for the free Bridges
- Score 1 Point for punting ball over Bridge and catching

- Punt with non dominant foot
- Increase distance between players to punt over and award extra points
- Solo between Bridges and Punt
- Introduce defenders to prevent scores

EASIER

- Decrease distance between players
- Take away bridges (cones and pole)
- Allow one bounce pass to chest
- · Allow player to kick along ground under the Bridge

COACHING POINTS

HEAD

- · Head down with eyes on ball when kicking
- Keep head down by counting '1, 2' before lifting head

HANDS

 Hold the ball firmly with both hands. release ball from hands onto kicking foot – 'off the shelf'

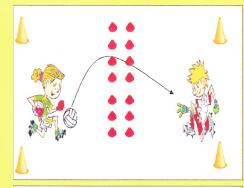
FEET

- Step forward with non kicking foot in front of kicking foot
- As ball drops bring kicking foot through to meet dropping ball
- Kick ball off the top of the laces (toe pointed forward) in direction of player

EQUIPMENT

- 3 multimarkers
- 6 cones
- 3 poles
- 1/2 Footballs

KICKING: Week 5 Game 2: Over the River



FOCUS

Attack and defending space

RULES - HOW TO PLAY

- Mark out 3 Zones as shown (Big zones 10m x 8m with middle zone 3/6m wide depending on ability of players)
- Players must stay in their own zones
- Players must send the ball over the domes (River) in the middle
- Players to use a throw then can progress to hand passing /striking/kicking

Scorings

Cooperating 1 with 1 or 2 with 2

 Up to 10 catches without dropping ball gets a score.

- Ball is not allowed to bounce
- When sending use non preferred hand/foot or side if striking
- Move from throwing to hand passing to kicking to striking
- Make river smaller i.e. less time to receive ball for receivers
- Use targets (hoops or goals) at back of court for accuracy

EASIER

- · Ball can bounce before it is caught
- Ball can be rolled or thrown
- Make river bigger for receivers or smaller for senders

COACHING POINTS

HEAD

- · Keep eyes on the ball until it is caught
- Look for the free spaces to send ball into

HANDS

- Use big hands around the sides of the ball
- Don't snatch at ball, use relaxed hands for catching

FEET

- · Keep on bent legs with one foot in front of the other
- Get your body behind the flight of the ball

EQUIPMENT

- Ball x1/2
- Cones
- Cone and canes to roll ball under if needed for low ability children.
- Additional equipment- bean bags and hoops

WEEK 5: SKILL CARD 5: Punt Kick (2 Hand Drop)



KEY COACHING POINTS

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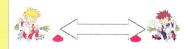
- · Look at target then focus on the ball
- Watch the ball all the way onto the foot
- · Count '1,2' before lifting head

HANDS

 Let the ball roll gently off the finger tips of two hands (Off the Shelf) held well out in front of the body

FEET

- Start by standing one foot in front of the other - Kicking foot behind
- As ball drops bring your kicking foot through to meet the dropping ball
- Keep toe pointing downwards, (Hard Foot) kick through the ball with laces



GAME: Find a Goal

LESS DEMANDING

- Decrease distance between cones
- Allow ball to bounce before attempting to punt on rebound
- Use a larger soft ball or Balzac Balloon

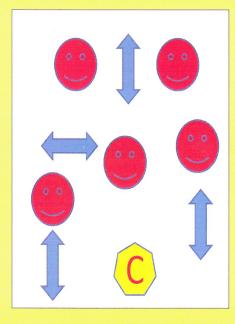
MORE CHALLENGING

- Increase distance between cones
- Use less preferred foot
- Step and Punt
- Pass on the move
- Solo away stop and pass
- · Pass to a moving receiver

HOW TO PLAY

- Players work in pairs 2v2 or 1v1
- A point is awarded for successfully punt kicking the ball to partner through any of the gates
- Kick must be over distance of 10m.
- Challenger passers by adding defenders, work to dispossess other team
- Play in 30x30m square
- Set up 6/8 small gates inside the square about 2m wide

Signal Man: Week 5



How to Play?

- Players space out at random in an area facing the coach
- Coach stands in front and signals with hands
- If coach points left all the players move sideways to their right etc.
- If coach points forwards all players move backwards etc.

Signal Man

Make it harder

- Challenge them to move the opposite way to the way pointed i.e. if the coach points behind him all move forward etc.
- Get children to now respond to audio commands i.e. 'Right', 'Left' etc.
- Add traffic light colours.
- Red = Stop
- Amber = Get Ready
- Green = Go

Make it easier

- Give very slow commands while players walk before introducing more commands with greater speed
- Leave longer time for children to react
- Coaches assist with movements

FOCUS

· This focuses on the Punt Kick to a moving receiver

RULES - HOW TO PLAY

- Player at cone A Punt Kicks to B and follows
- B then kicks to C, C to D and back to A
- 1 Point for each completed pass
- Time it for 30 seconds and see how many points they can get
- Punt kick around the other way

- Increase the distance of the kick and pass to a moving receiver
- · Use their non preferred foot
- Place 2 players at each corner with 2 balls one at A and 1 at C
- Pass to a moving receiver on their right and follow pass

EASIER

- Shorten the distance of the kick and pass to a static receiver
- · Kick off the ground

COACHING POINTS

HEAD

· Look at your target then keep your eyes on the ball

HANDS

 Hold the ball firmly with two hands, if kicking with the right foot drop it down with your right hand

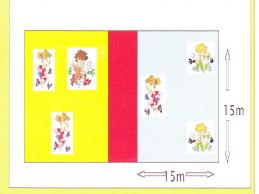
FEET

- Kick with hard part of the foot, keep your toe pointed and follow through after the kick
- Move from shoulder to chest facing receiver as you kick i.e. top of lace kick

EQUIPMENT

- 4 domes per group
- 1 ball per group

KICKING: Week 6 Game 2: Clear the Zone



FOCUS

 In this activity we are developing quick reactions and working as a team

RULES - HOW TO PLAY

- Mark out grid with 3 zones, middle zone 10m x 4m
- Teams 3 v 3
- 2 Balls per team to start and increase number as game progresses
- Children must Punt kick their ball into opposite zone over river
- Any balls kicked into their zone must be played back to keep zone clear
- On signal to stop count balls in each zone the team with the fewest balls in their court is the winner

- Bigger zones, more footballs
- Use non preferred foot
- Make middle zone wider
- Place defenders in zones to prevent players from playing balls back

EASIER

- Remove middle zone, larger zones
- More players per teamFewer footballs

COACHING POINTS

HEAD

- Look at target and then keep your eyes on the ball
- Watch ball all way down onto the boot
- Keep head down after ball has left boot (Count 1-2)

HANDS

- Let ball roll off hand to same side foot
- Opposite hand out to side for balance

- Kicking foot behind support foot
- Fast leg, foot right up to bottom then drive forward to meet ball
- Hard foot follow through towards target

EQUIPMENT

- Multi markers
- 6 footballs per group
- Bibs

WEEK 6: SKILL CARD 6: Punt Kick (1 Hand Drop)



KEY COACHING POINTS

HEAD

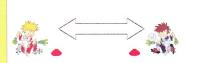
- Look at target then focus on the ball
- · Watch ball all the way down onto the
- · Count '1,2' before lifting head

HANDS

- Drop the ball on to strong foot, from 1
- Use appropriate hand e.g. Right hand to Right foot

FEET

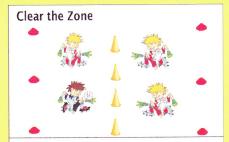
- · Lift back leg as ball rolls from hand and bring through to meet ball as it
- Toe pointing downwards, kick through the ball with top part of laces
- Keep Hard Foot as long as possible after you make contact with ball



 Allow ball to bounce before attempting to punt as ball rebounds

MORE CHALLENGING

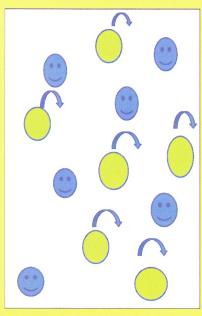
- Increase distance between cones
- Use less preferred foot
- · Pass on the move
- Pass to moving receiver
- · Passer and receiver both on the move
- Move from shoulder facing partner to punt as you finish facing receiver



HOW TO PLAY

- Players work in pairs 2v2 or 3v3
- Players try to get the ball out of their area as quickly as possible
- Start with 1 football in each side of court and then introduce more balls
- · Punt kick the ball into opponents area
- Team with least number of footballs in their half at the end of game wins

Turtle Flip Chasing: Week 6



How to Play?

- Assign a few players as catchers.
 The rest are turtles that are
 trying to avoid being caught
- Once caught, players get down on their backs and pretend to be a turtle that has been flipped on its back
- They can be freed by being flipped back up the right way by their team-mates

Turtle Flip Chasing

Make it harder

- Challenge catchers to see how many turtles they can flip in a certain time then allow a different group of catchers to try and beat that score
- Allocated more than 2 catchers
- Increase space to make it harder to be caught

Make it easier

- · Start with 1 catcher
- Start with catchers walking, running then hopping or side ways
- Decrease space making it easier to be caught