

Fundamental Stage - Week 10



- Emphasis**
- Keep Ball close
 - Dribbling
 - Having Fun



Focus – Ball Literacy
Name of Game - King/Queen of the Ring

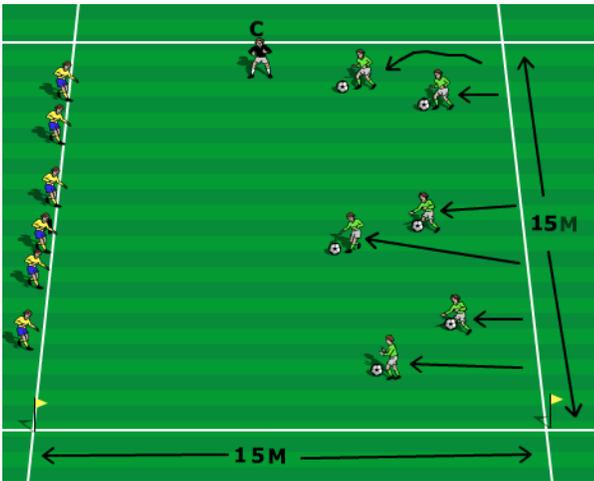
Organization

Players have a ball each. Players must keep ball within a defined area
Players are encouraged to kick other balls out of area

When a player gets their ball kick out of the grid, they must leave the grid and practice a skill (3 juggles, toe taps etc) and then they are allowed to return to grid.

Alternatives

Progress to last man standing (King/Queen of the ring). When a player gets their ball knocked out of the square they are now “out” and are not allowed to return to the grid. They remain outside the grid cheering for their teammates. Continue this until everybody is knocked out and there is only one player left. This player becomes the King/Queen of the Ring.



- Emphasis**
- Dribbling
 - Turning
 - Change in direction
 - Running with the ball

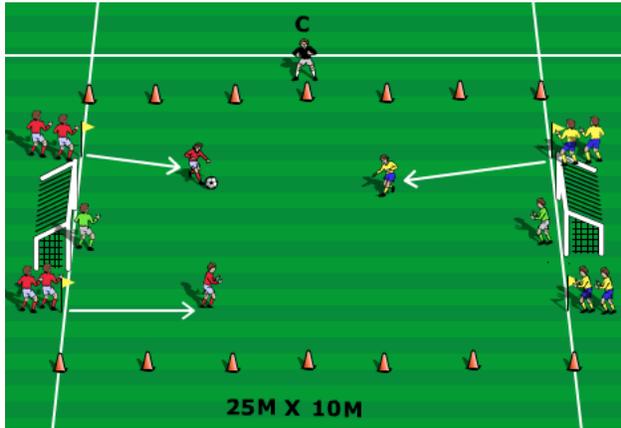
Focus – Ball Literacy
Name of Game – Turn & Burn

Organization

Divide players into two teams – put them in different colored pinnis One team starts on one end of the grid with a ball each. Objective is for players with the ball to dribble towards the players without, who remain stationary. The coach shouts “Turn” and the players with the ball stop, turn and try to dribble back to their starting line. When the players without the ball here the coach shout “Turn” he players without the ball can release and try and steal the balls of the apposing team before they get back over the safe line. Take turns having both teams being attackers/defenders. Do not eliminate players who lose their ball. Let them have another go.

Variations: Introduce specific turns: big toe turn, little toe turn, pull back, etc.





Emphasis
 Dribbling
 Decision making
 Basic support play
 Passing
 Shooting/Finishing

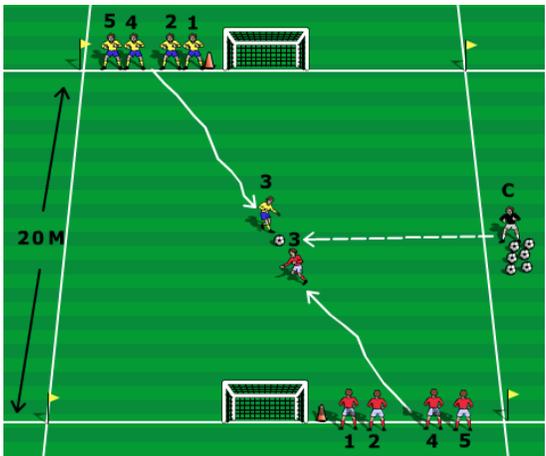
Focus: Small Sided Game
Activity Name: 2 v 1 2 v 2 – Two Goals

Introduction

Divide players into two teams. Put the teams in two different pinnis. Goalkeeper roles the ball out to one of two players and those players attack the opposite goal. One defender comes in from the opposite side and try's to win the ball. If the defending team touches the ball or the goalkeeper gets the ball that team can add a second player and the game becomes 2 v 2

Variations

3. Game can become a 2 v 2 from the start
4. Coach can serve the balls in



Emphasis

- 1v1, 2v2, 3v3
- Let them play
- Goal Celebrations!
- Having Fun!

Focus – Small Sided Game
Name of Game – Numbers Game with two goals.

Set up a small grid, depending on number of players. Separate players/parents into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. The player called from each team enters into the field to challenge for the ball. The coach sends the ball in and players try to score on opposing side while defending their own side. Goalkeepers can be added to the game. Coach can call out more than one number to make 2 v 2 and 3 v 3 situations

