

## Fundamental Stage - Week 2



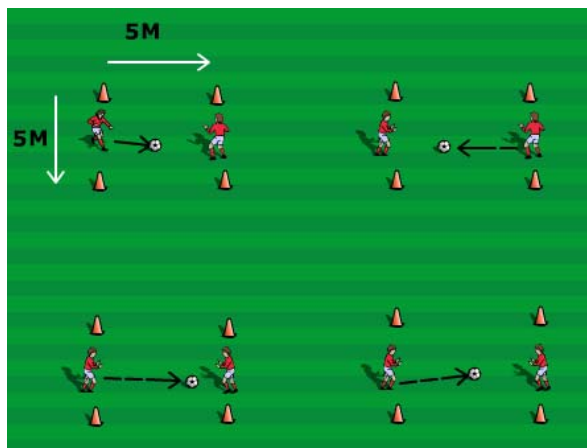
### Focus - Physical Literacy Activity Name: Donkey Tails

#### Introduction

Half the players are given a pinni to tuck into the back of their shorts as a tail. Coach shouts "Go!" players without a tail attempt to grab a tail from the players with one. Once players get a tail they must now avoid having it taken.

#### Emphasis

- Running
- Change of Directions
- Finding Space
- Having Fun!



### Focus - Passing and Receiving Activity Name Passing and Receiving in Pairs

#### Introduction

Set up a series of 5 yard x 5 yard grids. Two players with a ball between each pair face each in each grid. On two touches they pass the ball to each other, using the inside of the foot both to control and pass the ball. Work in 20 second segments to maintain intensity and form. Ask the players how many passes they can complete in a set time period

#### Emphasis

- Non kicking foot alongside the ball
- Non kicking foot pointed at partner
- Swing the kicking foot downwards and push through the ball, contacting with the middle part of the foot. Take care not to contact with the front part of the foot or toes.
- Contact the ball in the centre and avoid digging in underneath the ball, which will cause it to rise.
- Receiving player getting in line with ball to receive.



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**Focus – Ball Literacy**  
**Name of Game: Coconuts**

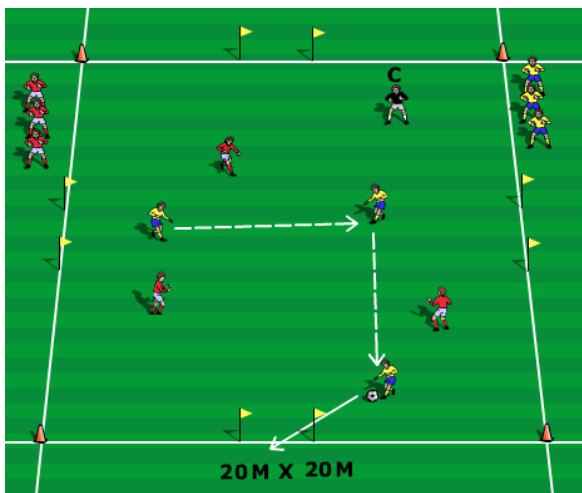
**Organization**

Split players into 2 teams and have them line-up as shown below. Place balls on top of cones like coconuts. Ask players to alternate making passes/shots to try and knock the ball off of a cone. If a player is successful they can go and retrieve both balls and bring them back to their side. Encourage celebrations!



**Emphasis**

- Non kicking foot alongside the ball
- Non kicking foot pointed at target
- Swing the kicking foot downwards and push through the ball, contacting with the middle part of the foot. Take care not to contact with the front part of the foot or toes.
- Contact the ball in the centre and avoid digging in underneath the ball, which will cause it to rise.



**Focus – Small Sided Game**  
**Name of Game: Four Goal Game**

**Organization**

Set up a 20m x 20m grid with 4 goals in the middle of each side. Select two teams consisting of equal numbers. Call out 2 or 3 players from each team to run onto the field and play against each other and try and score in any one of the four goals until the coach says stop. At which time both groups return to their place behind the goal line and the coach calls another group to play. If the ball goes out of play the game can be restarted with a “kick-in” or the coach may serve in a new ball. Progressions could involve assigning 2 nets to each team to defend and 2 to attack.

**Emphasis**

- Passing with a purpose
- Teamwork
- Finding Space
- Having Fun!

