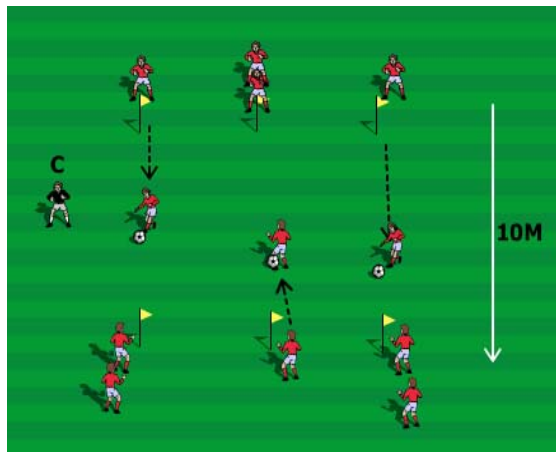


## Fundamental Stage - Week 5



**Focus – Ball Literacy**  
**Name of Game – Running with the ball**

### Organization

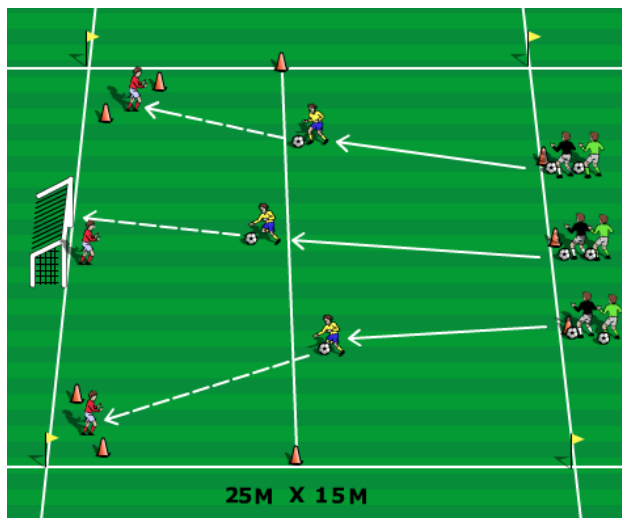
Players are divided into three teams. Players run with the ball between the flags continuously. When the player reaches the flag the next player can go.

### Alternatives

- Players can all start from one end and go round the flag.
- Coach can make a race of the exercise
- Players can be asked to change direction upon coach's command.

### Emphasis

- Running with the ball using laces on both feet
- Looking up



**Focus – Ball Literacy**  
**Name of Game – 3 Goals game**

### Organization

Four teams of three players working in a 25m. x 15m. area. Three teams line up in rows at one end of the playing area ready to attack the goal. The other team has one player in goal and two as target players, standing between two cones, as shown. The first team runs with the ball to the halfway line. The first player to cross the halfway line shoots at the goal. The second player to cross the line can pass to whichever target player he/she wishes. The third player across the line passes to the remaining target player. All three attacking players then change places with the Goalkeeper and target players they shot at, or passed to. The goalkeeper/target players collect the balls and go to the back of the attacking teams and await their turn.

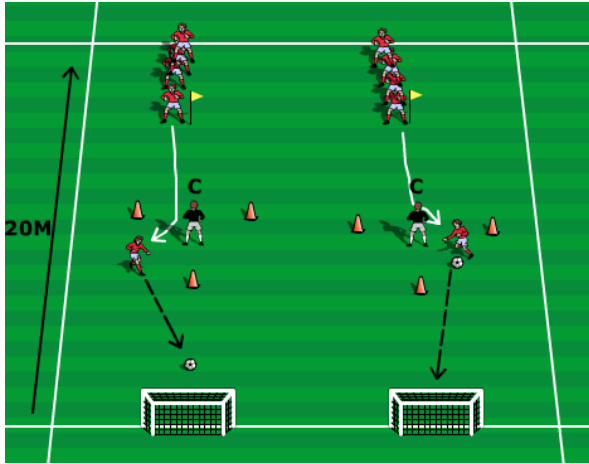
### Emphasis

- Running with the ball using laces on both feet
- Looking up
- Shooting/Hitting targets



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**Emphasis**

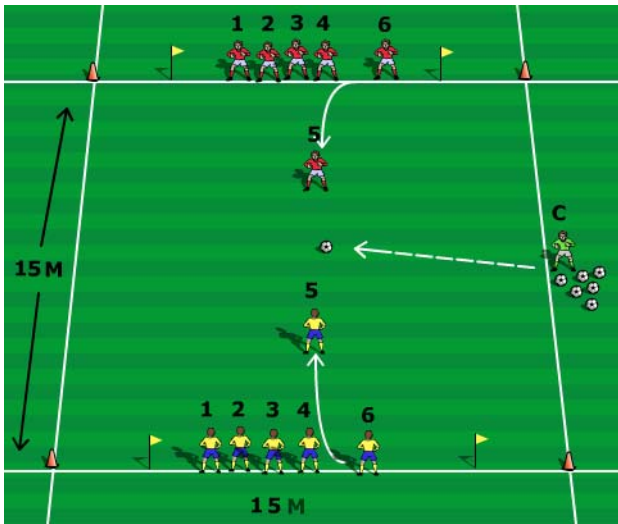
- Dribbling
- Preparation touch
- Shooting Technique
- Goal Celebrations!

**Focus – Ball Literacy**  
**Activity Name: Shoot and score**

**Organization**

Separate team into 2 (or more if possible) as shown. Set up a triangle. The coach stands in the centre of the triangle.

4. Player throws ball to the coach. Coach places ball to his left or right. Player strikes the ball into the empty goal.
5. Coach now places ball in front. Player takes a touch past the coach with the outside of foot passed the coach and strikes the ball into the empty net.
6. Player dribbles towards the coach and takes the touch past the coach and plays into the empty net.



**Emphasis**

- Dribbling
- 1 v 1
- Beating opponents
- Shooting
- Goal celebrations
- Teamwork

**Focus – Small sided Game**  
**Name of Game – Chain Soccer**

**Organization**

Set up a small grid, depending on number of players. Separate players into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player/parent combo from each team enters into the field to challenge for the ball. Players try to score on opposing side while defending their own side. Players not called can act as goalies on their side. Increase the # of players to 2 or 3.

