





# Nepean Football Association Inc

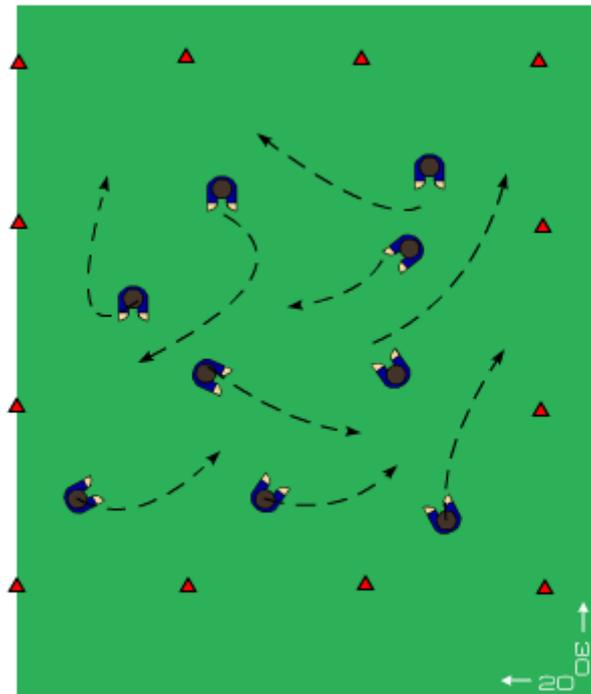
## NUMBERS GAME

### **KEY:**

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



### **ORGANISATION:**

Players move around in a 15m x 10m area. Coach calls instructions; forwards, backwards, sideways, circles. Coach then calls out a number and the players need to get into a group of that amount. Include dynamic stretching patterns, knees up, arms up, etc. Hopping, skipping

### **LEARNING:**

Co-ordination, basic running techniques, balance, eyes up, listening

### **VARIATION:**

General: Make movements/actions sharp.

Harder: More instructions, quicker, make area smaller, call numbers that will leave players out.

Easier: Bigger area, call numbers that will make even groups.



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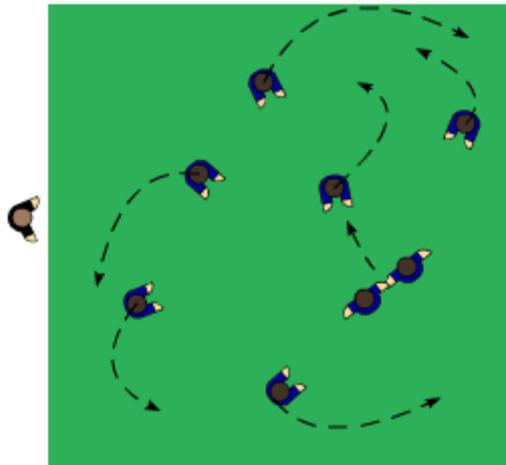
## BLOB

### **KEY:**

**Unbroken Line = ball path**

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**Squiggle Line = Player dribbling the ball**



### **ORGANISATION:**

Organise all players into a 15 x 15m square. 2 players join up and start as the blob. These players must stay joined and move around the square trying to tag another player. When they tag a player, they then join the blob and continue to try to tag another player. When the next player gets tagged, the blob then splits into 2 groups and they continue to try to tag other players.

### **LEARNING:**

Team work, communication, movement

### **VARIATION:**

General:

Harder: Make area bigger, make blob size larger, split players into 2 teams, can only tag own team

Easier: Make area smaller, restrict blob size to 3



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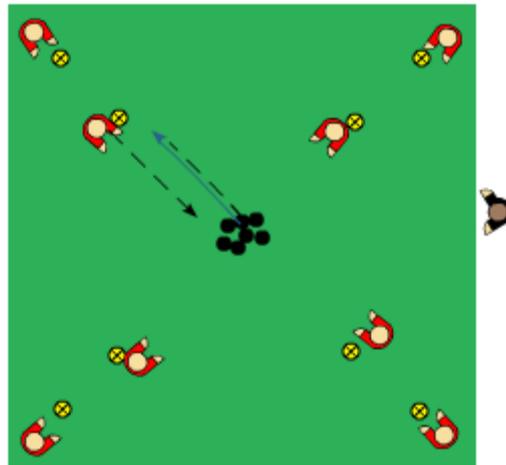
## ROB THE NEST

### **KEY:**

**Unbroken Line = ball path**

**Broken Line = Players' run without the ball**

**Squiggle Line = Player dribbling the ball**



### **ORGANISATION:**

Set up a 10 x 10m square with cones on the corners and place 7 balls in the centre of the square.

Divide players into 4 groups and place at corners of square (nest).

Coach says play and the first player from each team runs to the centre and dribbles a ball back to their nest.

Players then choose to either return to the centre to collect another ball or rob someone else's nest. The game is over when someone has 3 balls in their nest.

Players can not stop other players from stealing balls from their nest and they are not allowed to tackle other players either.

### **LEARNING:**

Problem solving, movement, creativity, dribbling

### **VARIATION:**

General: Players do an activity with the ball on way back, toe taps, sole taps, etc, make a relay type game – 1 player goes at a time from each cone, then next player goes when they return and continue until one team has 3 balls in their nest.

Harder: Make area bigger, use less balls

Easier: Make area smaller, use more balls, players can carry the ball back to nest.



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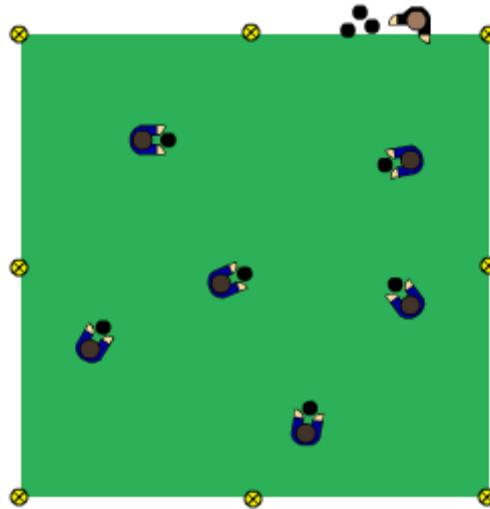
## SLIDES

### **KEY:**

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**Squiggle Line = Player dribbling the ball**



### **ORGANISATION:**

Players have a ball each and work in a 15 x 10m area. Players start with the ball at their left foot and their right foot about shoulder width apart. Players then put their right foot on the ball and, using their studs, roll or slide the ball out to where their right foot was. Players then use the studs on their left foot to slide the ball back to the starting position and the activity continues.

### **LEARNING:**

Ball control, balance, co-ordination, being comfortable with the ball, playing with eyes up

### **VARIATION:**

General: Ensure players don't try standing or balancing on the ball, players should release contact with the ball and let it slide to the other side

Harder: Keep players eye level up by asking players to call out the number of fingers you're holding up, make slides faster, place feet further apart and make slides bigger

Easier: Make slides slower



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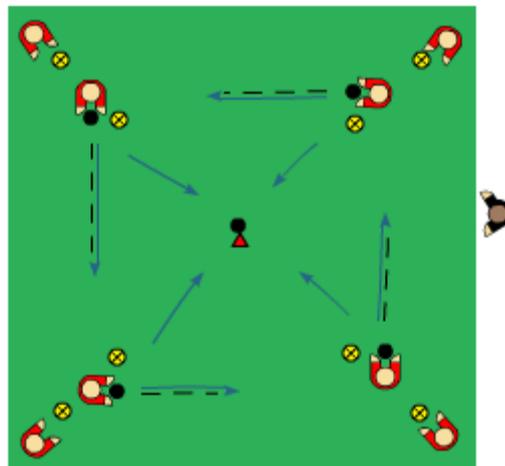
## KICK THE BALL OFF THE CONE - DRIBBLING

### **KEY:**

**Unbroken Line = ball path**

**Broken Line = Players' run without the ball**

**Squiggle Line = Player dribbling the ball**



### **ORGANISATION:**

Set up a 10m square with a cone and a ball at each corner. Place another cone 1-2m behind it to use as a safety marker. Place another cone in the middle of the square and place a ball on top of it. Divide your players into 4 teams and have them stand behind end marker. When the coach says go, the 1<sup>st</sup> player from each line dribbles their ball all the way around the outside of the square (between the 2 corner markers) until they get back to their starting cone. They then use their ball to try to kick the ball off the centre cone. Each player only has one attempt per turn to kick the ball off. Get balls back and next players get ready for their turn.

### **LEARNING:**

Dribbling, speed, change of direction, passing

### **VARIATION:**

General: Players to run in the opposite direction to use other foot, make a relay race, last runner kicks the ball off  
Harder: Make square bigger, players to use weaker foot or alternate feet at each corner, etc  
Easier: Players can dribble the ball to the centre to get closer



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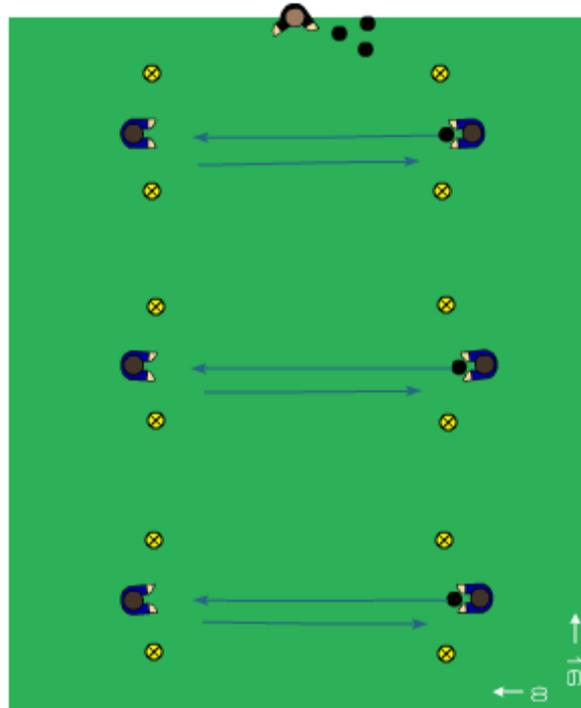
## PASSING: 1 TOUCH IN PAIRS

### **KEY:**

**Unbroken Line = ball path**

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**Squiggle Line = Player dribbling the ball**



### **ORGANISATION:**

Organise players into pairs standing from 2m to 6m apart with 1 player having a ball. Ensure each pair has ample room to work. Players pass the ball to each other using either foot but must be a first time pass – no trapping or controlling.

### **LEARNING:**

Ball control, weight of pass, teamwork, technique-lock ankle, aim with non kicking foot, side of foot

### **VARIATION:**

General: encourage use of both feet

Harder: create patterns; l,l,r,r, make passes longer, ball can't stop moving, players to move from side to side across area

Easier: partner opens legs to give target (stop ball before going through)



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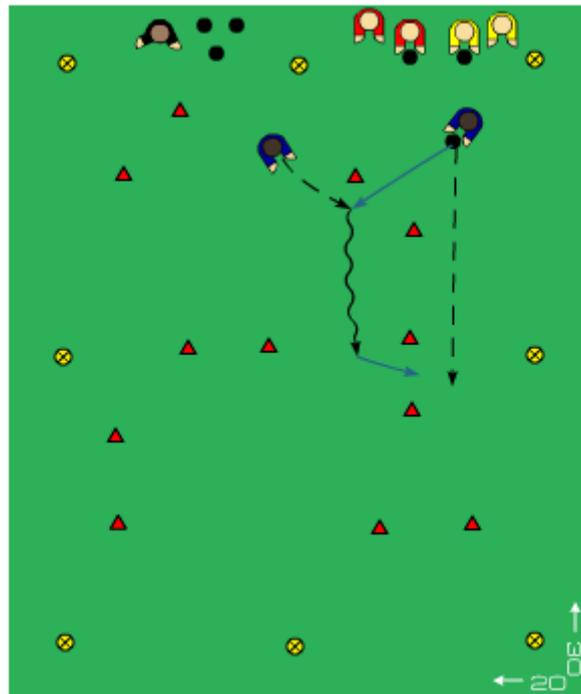
## PASSING THROUGH THE CONES

### **KEY:**

**Unbroken Line = ball path**

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**Squiggle Line = Player dribbling the ball**



### **ORGANISATION:**

In a 20 x 30m area, set up 6 sets of 1 step goals with soft cones in a random manner. Organise players into pairs, with 1 ball per pair. One pair at a time, each pair then has 30 seconds to pass the ball through as many sets of goals as they can. Players must move through the area and not stay at one set passing back and forwards to each other. After each pair has had a turn, repeat and ask each pair to try to beat their own score from last time.

### **LEARNING:**

Passing, dribbling, ball control, eyes up, problem solving

### **VARIATION:**

General: Encourage use of both feet, nominate right or left foot only

Harder: Make area smaller, use less goals, make goals smaller, have more pairs go at once, go for longer time, players must pass back to partner through the cone (1-2/wall pass) to complete a pass

Easier: Have less players in area at same time, make goals bigger, add more goals, make area bigger



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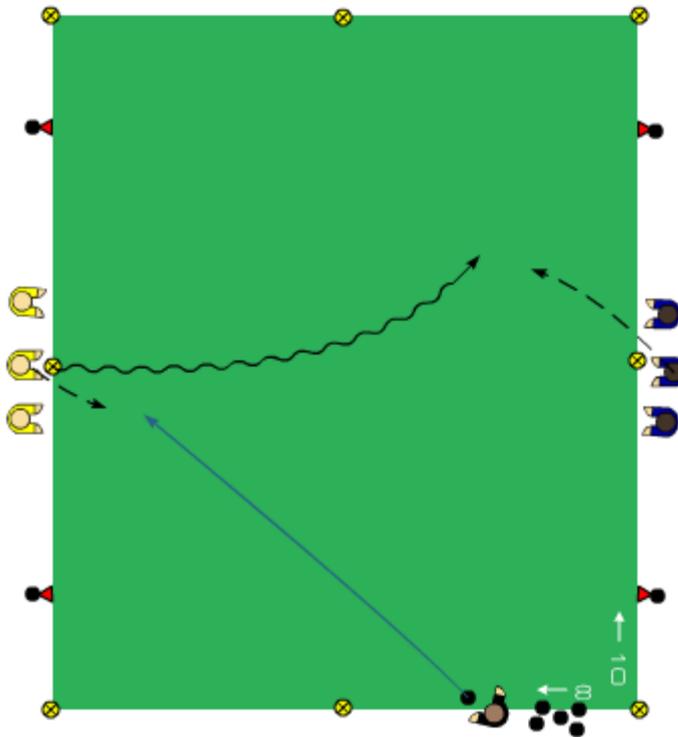
## 1 v 1, 2 BALLS ON CONES AS GOALS

### **KEY:**

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



### **ORGANISATION:**

Divide players into 2 teams and place on opposite sides of an 8 x 10m grid with 2 balls on top of cones as goals at each end, approximately 1m in from side line. Coach has a supply of balls and feeds into 1 team. Player receives ball and tries to beat opponent and score by knocking off one of the balls on the cone. Defenders can't move until attacker takes 1<sup>st</sup> touch. Play continues until goal is scored, ball goes out of play or defender touches the ball. Must be in the opponents half to score. Rotate teams.

### **LEARNING:**

1 v 1 skills, creativity, receiving, dribbling, defending

### **VARIATION:**

General: Both players have to run from the middle starting cone around their goal, first player through receives the ball

Harder: Players pass the ball to their opponent. Play continues for a set time-30secs, make area bigger, play continues until both balls have been knocked off

Easier: Coach plays ball further out in front of attacker, defender can only walk



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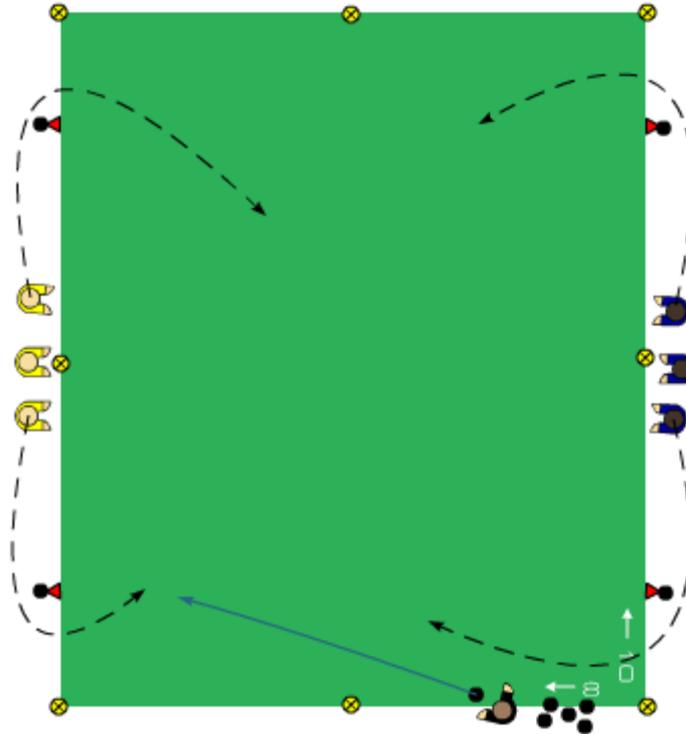
## 2 v 2 with 2 BALLS ON CONES AS GOALS

### **KEY:**

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



### **ORGANISATION:**

Divide players into 2 teams and place on opposite sides of a 10 x 15m grid with 2 balls on cones as goals, approximately 1m in from sideline at each end. Coach has a supply of balls and feeds into 1 team. Players run around their goal before coach passes a ball into play. Player receives ball and tries to work with partner to beat opponents and score by knocking the ball off either of the 2 goals. Defenders can't move until attacker takes 1<sup>st</sup> touch. Play continues until goal is scored, ball goes out of play or defender touches the ball. Must be in opponents half to score. Rotate teams.

### **LEARNING:**

1 v 1 skills, creativity, teamwork, receiving, dribbling, defending

### **VARIATION:**

General: Both players have to run from the middle starting cone around their goal, first team through receives the ball. Players to pass the ball themselves to start game

Harder: only 1 attacker to run around the goal, other is receiver – 1v2, make area bigger, play for a set time, play continues until both the balls have been knocked off

Easier: Defenders can only walk



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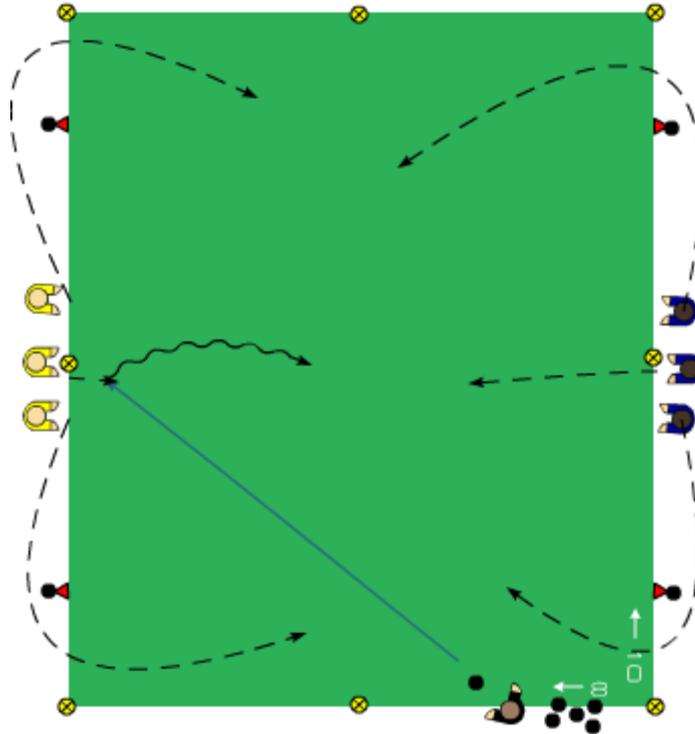
## 3 v 3 with BALLS ON CONES AS GOALS

### **KEY:**

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



### **ORGANISATION:**

Divide players into 2 teams and place on opposite sides of a 10 x 15m grid with 2 cones with balls on as goals at each end. Coach has a supply of balls and feeds into 1 team. 2 players run through a goal each and the coach passes a ball into 3<sup>rd</sup> player. Player receives ball and tries to work with partners to beat opponents and score by kicking the ball off one of the cones. Defenders can't move until attacker takes 1<sup>st</sup> touch and must also run through a goal each. Play continues until goal is scored, ball goes out of play or defender touches the ball. Must be in opponents half to score. Rotate teams.

### **LEARNING:**

1 v 1 skills, creativity, teamwork, receiving, dribbling, defending

### **VARIATION:**

General: First team through receives the ball. Players to pass the ball themselves to start game.

Harder: Defenders start closer to goals, make area smaller, play for a set time, need to kick both balls off the cones before game is over

Easier: Attackers start closer to goals, make area smaller, defenders can only walk