

Futsal for All

Classroom Activities Packet

p. 2-5 activities for all ages

p. 6-14 activities for ages 5-8

p. 15-25 activities for ages 9-11

p. 26-33 activities for ages 12+

program created by



activities curated by Indiana Soccer Director of Education Steve Franklin



Classroom Activities for All Ages

3 activities



Three futsal drills

PRACTICE

Use this trio of activities to help develop players' passing and ball control and manipulation. By **RUSSELL FRYER**.

WHY USE IT

Helps players develop their ability to control, manipulate and pass the ball.

PRACTICE 1

Set up: Players work in pairs, standing approximately 15 yards apart. A cone is placed in front of each player.

How to play: Players pass between each other. They control the ball with the sole of their foot and shift it with the same touch to the other side of the cone. They then pass back to their partner. Progress by changing the direction the ball is played and the foot players use.

PRACTICE 2

Set up: Players are in groups of four (one ball per group). Set up five cones in a diamond shape with one cone placed in the middle. Players stand next to a cone (one cone is free).

How to play: Players pass to each other, after which they move to the unoccupied cone. Make it more difficult by adding another ball.

PRACTICE 3

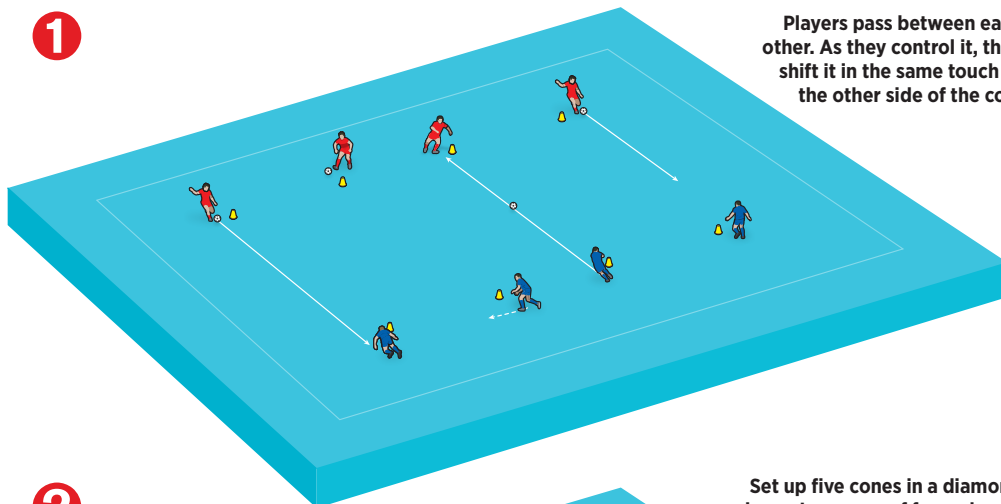
Set up: Normal futsal game but pitch is split into thirds.

How to play: Play a normal game but ball must be played through each third. To progress, a set number of passes must be completed before attempting to score.

COACHING POINTS

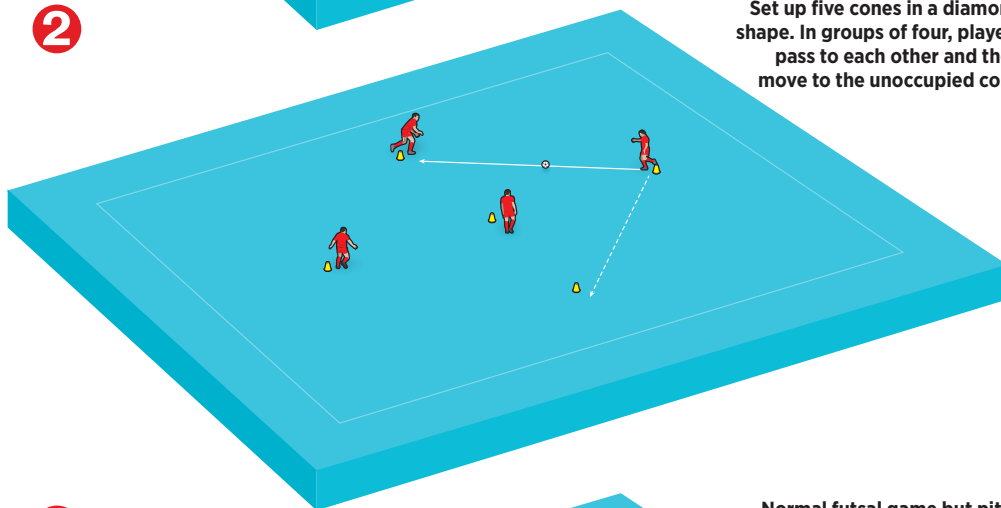
Control ball with sole of the foot and pass firmly into teammates feet. Focus on checking shoulder and being in a position to receive the ball.

1



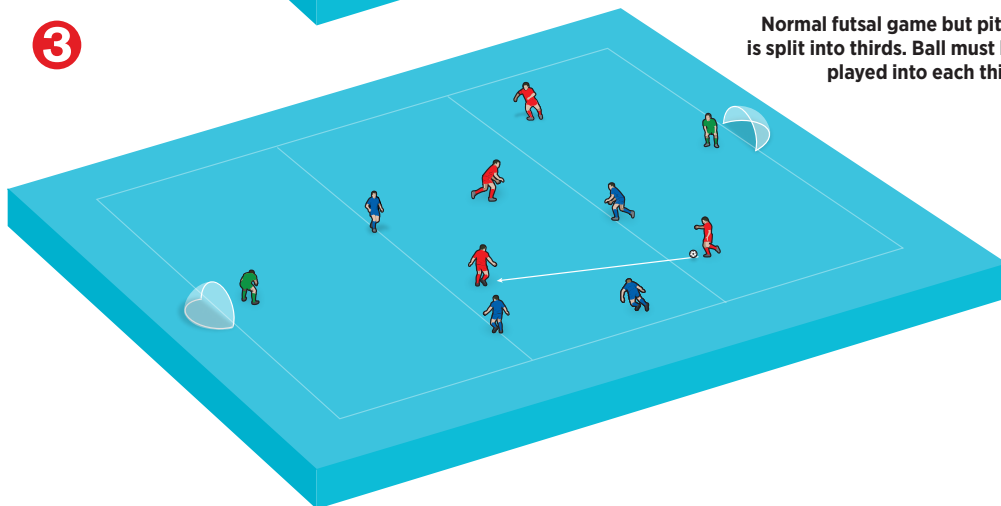
Players pass between each other. As they control it, they shift it in the same touch to the other side of the cone

2



Set up five cones in a diamond shape. In groups of four, players pass to each other and then move to the unoccupied cone

3



Normal futsal game but pitch is split into thirds. Ball must be played into each third

Player movement 

Ball movement 

Run with ball 

Shot 

Artistic movement

PRACTICE

Create combinations and encourage creative runs off the ball in this futsal-inspired practice. By **RUSSELL FRYER**.

WHY USE IT

Supports players with their movement to allow them to be in a position to receive the ball within the tight constraints of a futsal pitch.

SET UP

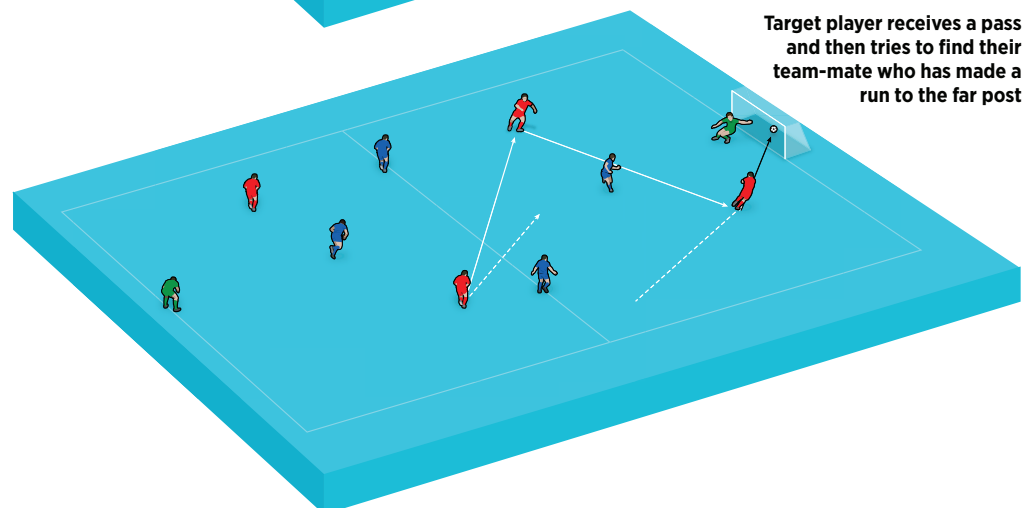
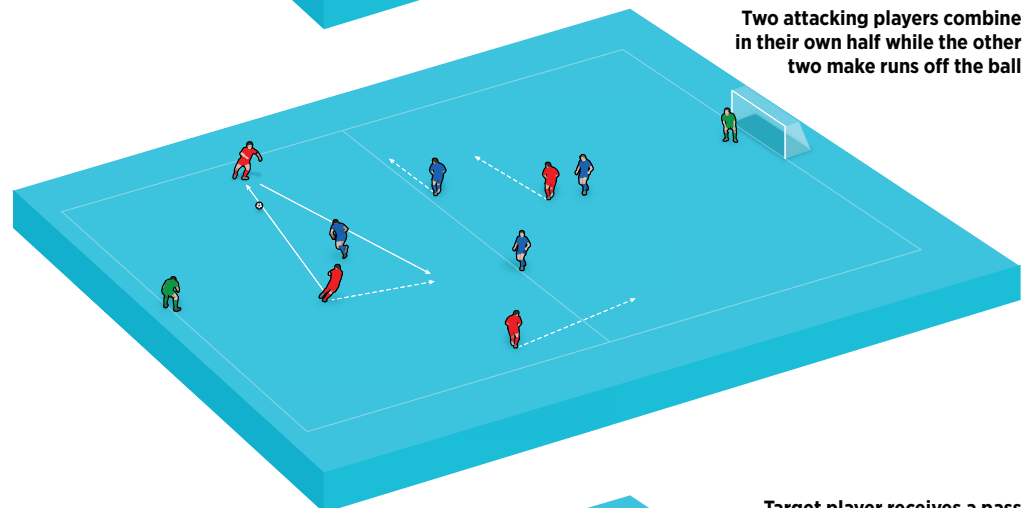
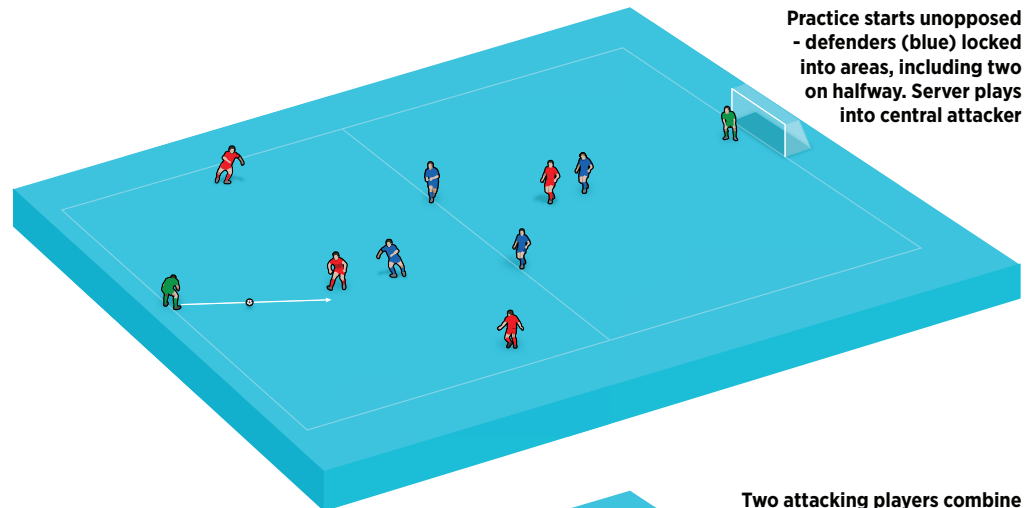
Set up an area suitable for your players that represents a futsal pitch. The attacking team has three players in their own half and a target player in the attacking half. The defending team has one player locked into each half with another two restricted to moving along the halfway line. A server starts the practice from one end, while there is a goal and goalkeeper at the other.

HOW TO PLAY

Practice starts unopposed - the defenders can only block or intercept a pass. The server plays into the central attacker in the near half who then passes to one of the wide players. They look to combine before playing into the target player. The attacking player not involved in the passing combination makes a forward run into the attacking half and looks to receive the ball from the target player. Progress by allowing the defenders to tackle before unlocking them as well.

COACHING POINTS

Decision making; players identifying their role in the pattern of play and making correct choices. Timing of the movement from players looking to receive, plus the area in which they move into. Weight and area of pass.



Player movement 

Ball movement 

Run with ball 

Shot 

The diamond ring

PRACTICE

Defensive players learn to hold their shape and win the ball back in this futsal practice. By **RUSSELL FRYER**.

WHY USE IT

Teaches players how to defend within a diamond formation.

SET UP

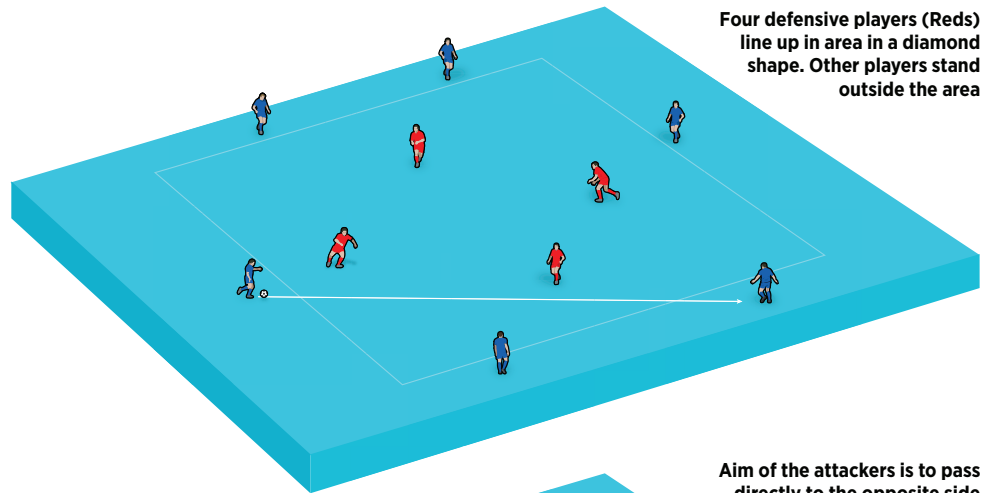
Set up an area suitable for your players. Four players are locked within the area, with the rest of the players - in this instance, six - positioned around the outside. These outer players represent the attacking team, while those inside the area are the defending team.

HOW TO PLAY

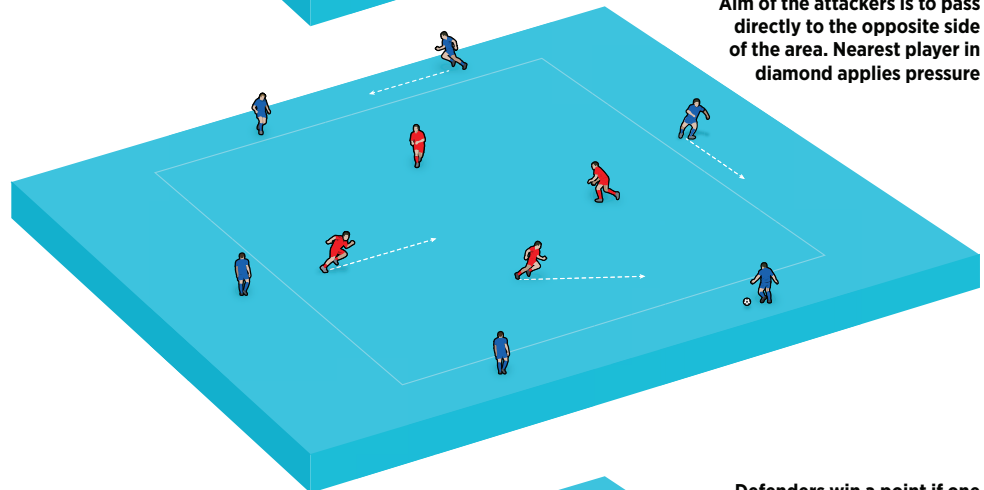
The attackers look to retain the ball by passing it around the outside of the area. They win a point if they are able to pass directly to the opposite side of the area (i.e. the ball travels through the area). The defenders try to prevent this - if they successfully intercept a pass and are then able to dribble out of the area, they win a point. The practice continues for a set period of time and then the players rotate their roles.

COACHING POINTS

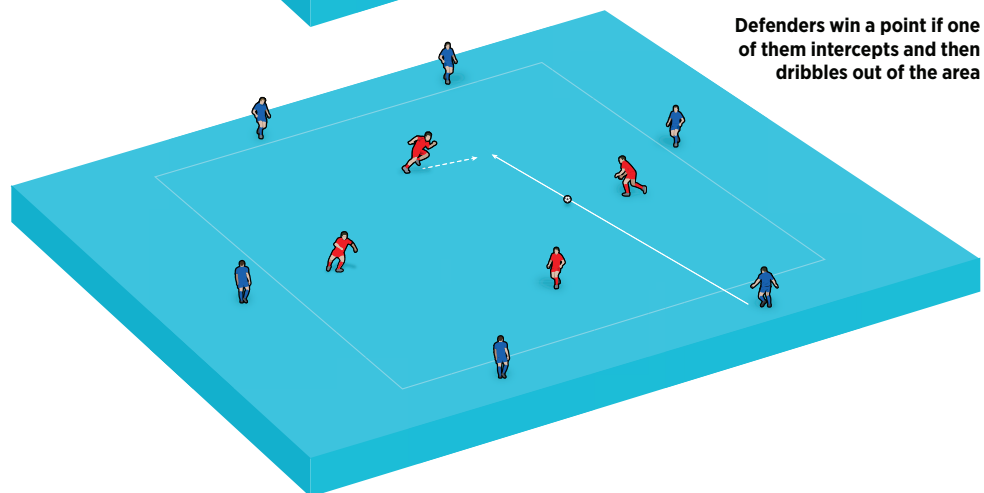
Four defenders within the area are required to stay within a diamond shape. The closest player to the ball needs to pressure the player in possession, while the two wider players need to ensure they remain compact so they cannot be penetrated. Then, as the ball moves to a different side of the area, the individual role of the defenders will need to change and they will be required to re-position themselves.



Four defensive players (Reds) line up in area in a diamond shape. Other players stand outside the area



Aim of the attackers is to pass directly to the opposite side of the area. Nearest player in diamond applies pressure



Defenders win a point if one of them intercepts and then dribbles out of the area

Player movement 

Ball movement 

Run with ball 

Shot 



Classroom Activities for Ages 5-8

8 activities



The groups go into each of the zones with the two end zones representing allied units, the middle zone play as an enemy unit. The ball is a package that must be delivered behind enemy lines.

One of the units starts with the package, passing amongst themselves.

They must get the package into the opposite end zone with a pass – below head height – through the enemy's line.

If the pass is intercepted or miss hit out of the area the unit must switch with the enemy.

Count the number of completed passes through enemy lines in a specified time - 3 minutes, say - if the ball has not been intercepted by then.

Main Objectives

Passing through the opposition, getting behind defenders, defensive shape, anticipation.

Set Up

Area: 45x30 yard area divided into 3, 15 yard zones
 Players: 12, 3 teams of 4
 Equipment: 1 ball

What To Call Out

"Deliver the package"
 "Quick passing"
 "Drive the ball through a gap"

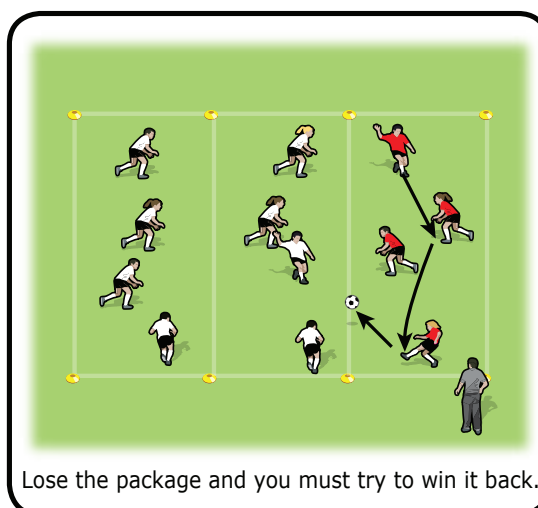
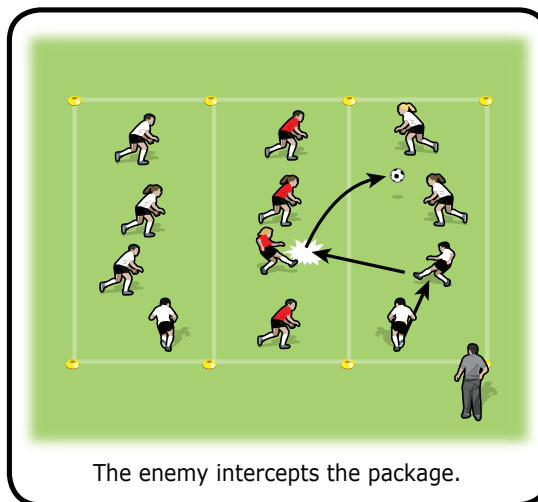
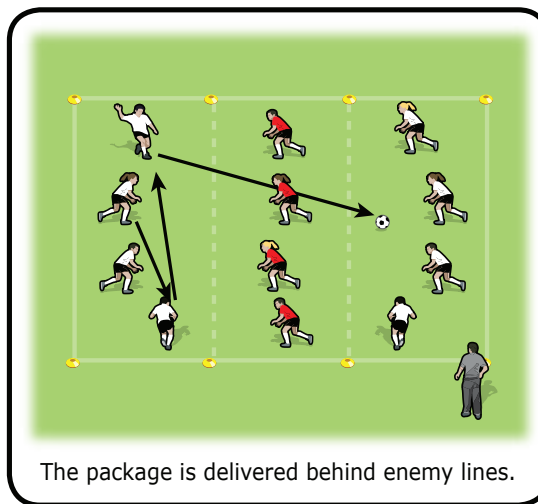
Progression

Allow one member of the enemy unit to apply pressure by entering one of the end zones to try and steal the package.

Similarly, one player can drop into the opposite end zone to try and intercept the package.

Hint

This is a more advanced game, calling on teamwork, decision making – when to press and when to drop off - and accurate passing.



The Rules

Players are divided into two teams, cats and mice, with the players on each team numbered 1-6 each starting at a cone. Start with 12 balls (pieces of cheese) in the middle.

The coach calls out a number and the appropriate mouse runs to the centre and steals the cheese, one piece at a time, taking it back to their starting place on the circle.

At the same time, the appropriate cat takes a piece of cheese, dribbles back to their starting cone and then all the way around the outside of the circle before returning the cheese to the middle.

When the cat gets back the turn is over. The mouse counts their cheese and returns it to the middle before the coach calls the next number to repeat the game.

After all 6 pairs have gone, count the total number of pieces of cheese stolen and switch the roles of cat and mouse.

Main Objectives

Speed, control, turning, dribbling.

Set Up

Area: Circle, 10 yard radius
 Players: 12, 2 teams of 6
 Equipment: 12 balls, 12 cones

What To Call Out

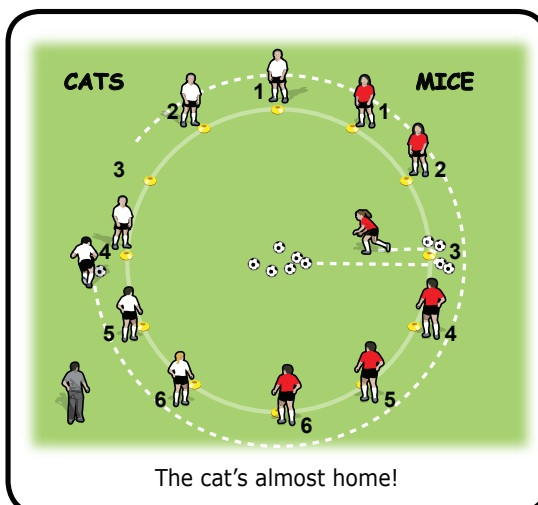
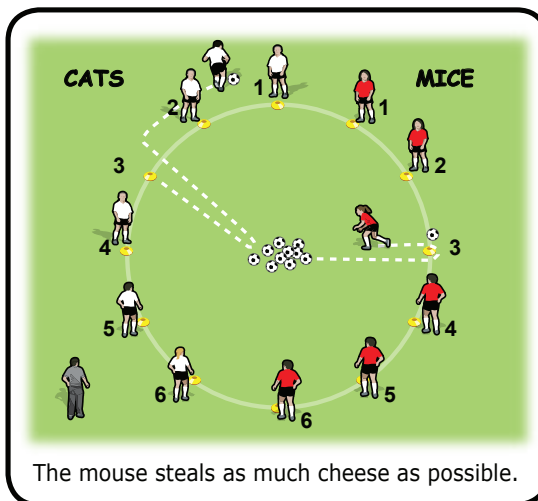
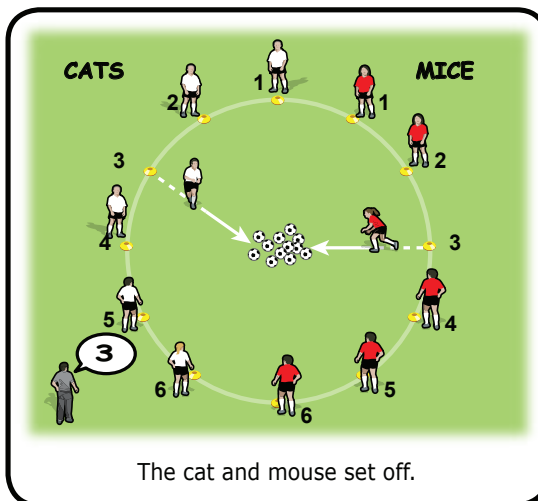
"Stop the cheese at your cone"
 "Keep the cheese close"
 "The cat's almost home"

Progression

Allow the cat to sprint around the outside of the circle without a ball to encourage quicker, short bursts and turns by the mice. This will cause the scores to be lower.

Hint

Once a player has taken their turn they should sit down to avoid confusion – unless the ground is wet of course!



The Rules

The players start in the diamond with a ball each.

Nominate a player to audition their funny turn. This can be any way they know of turning with the ball, however unorthodox.

The player called dribbles to one of the outside cones and shows a turn that all the others must watch.

If you are happy with the turn then the player dribbles back and all of the players get 1 minute to practice the turn they have just watched.

After the rehearsal the players have to work their way around the clock performing the turn and returning through the diamond at each cone.

The coach and the player that auditioned the turn now become judges and choose the best attempt at the turn as the winner. 2nd and 3rd places can also be awarded.

The winner is allowed to nominate the next audition and can choose themselves if they wish.

Make sure everyone has a chance to audition a turn.

Main Objectives

Turning with the ball under close control.

Set Up

Area: Circle, 10 yards radius

Players: 8

Equipment: 12 cones, 8 balls

What To Call Out

"It's showtime!"

"Be inventive"

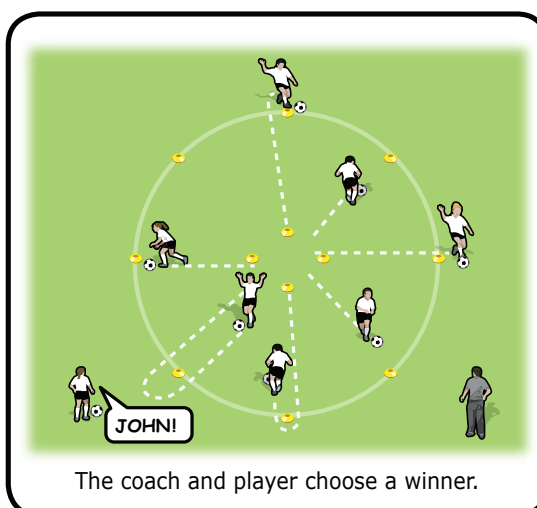
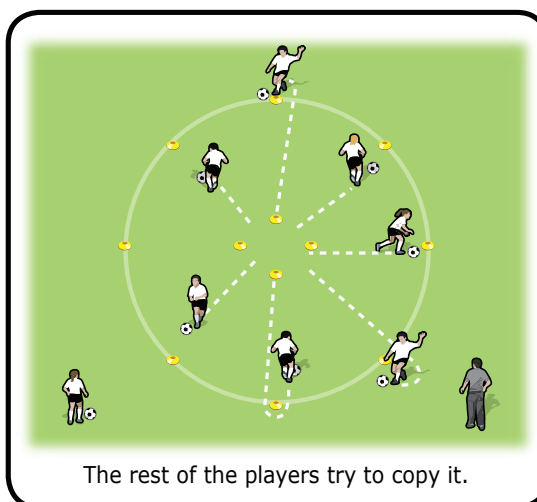
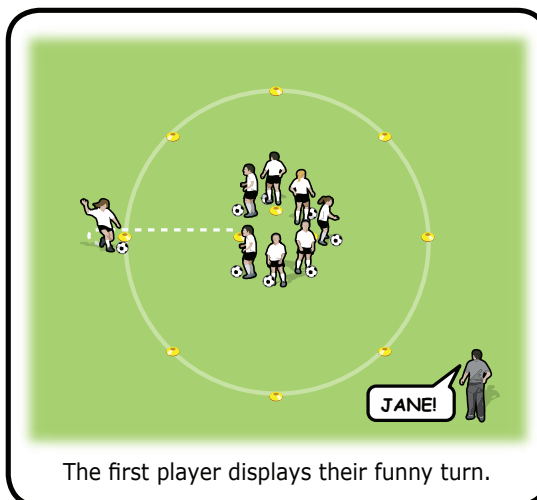
"Keep the ball close"

Progression

Add 1 or 2 defenders inside the circle which the players must avoid while dribbling. The defenders cannot enter the diamond in the centre.

Hint

No matter how easy or hard the turn, give the players lots of praise and encourage them to try different things.



The Rules

The fighters begin by dribbling around inside the ring in any direction.

Keeping their own ball under close control they must try to knock another fighter's ball out of the ring.

To be successful fighters must decide who to attack and use defensive skills to knock their ball out, while being aware that they might be attacked from a different angle.

Once a fighter's ball has been knocked out they are out of the fight and must not touch another fighter's ball.

Any fighter who has been knocked out should collect their ball and walk around the outside of the ring with it so you can clearly see who is in and who is out.

When down to the final 2 or 3 fighters introduce a time limit to encourage them to win.

If there is no winner before the time is up everyone can rejoin and start again.

Main Objectives

Close control, turning, tackling, defending, decision making.

Set Up

Area: 30x30 yard square

Players: 12

Equipment: 12 balls

What To Call Out

"Let battle commence" "Keep your ball close" "Head up"

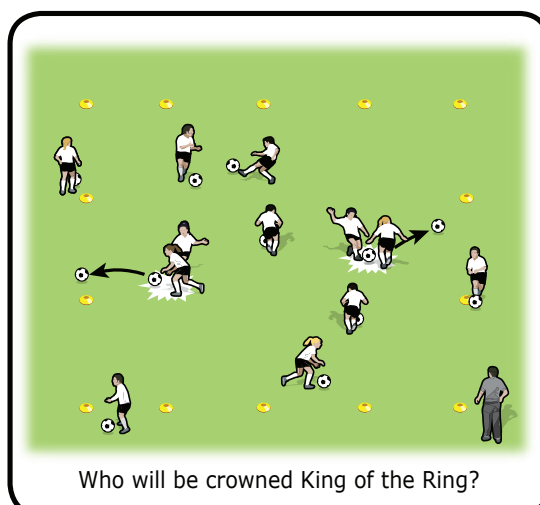
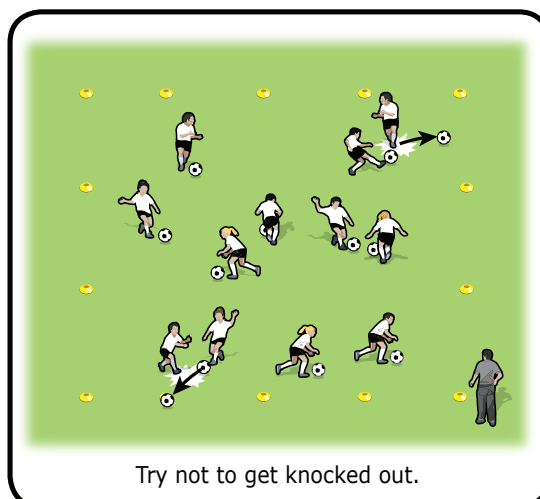
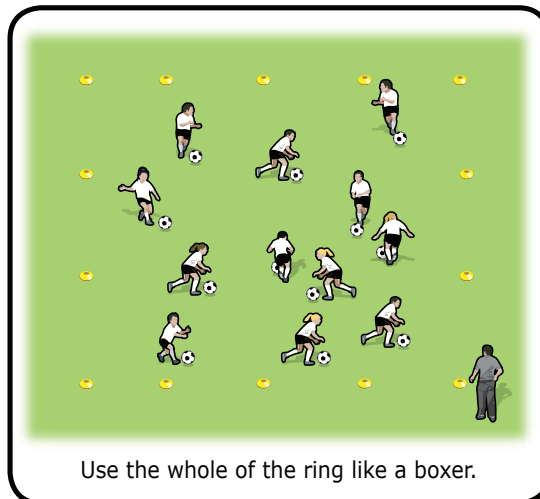
Progression

Encourage tactics. For example, fighters might pair up early on, placing their balls in the corner and go on the attack to knock out other fighters.

The game could be played as a tag team game with one half of the pair starting inside the ring and able to tag out if they are tired or under pressure.

Hint

Make sure that fighters stay on their feet and do not slide tackle at this young age. If any fighter slides they are out on a technical knockout.



The Rules

One player stands in each target zone to act as a target for the attacking team. They also serve the ball for the other team to counter attack.

The ball is thrown and caught between team mates to reach the target player.

Players can move with the ball but only walking speed – like Robocop. They can pass freely and must pass if tagged by an opponent.

Opponents can only win the ball from an intercepted throw or if the ball is dropped.

Speed walking is allowed.

A point can either be scored by reaching the target player from a designated third of the pitch or after a minimum number of passes to encourage team play.

Main Objectives

Basic handling, co-ordination, understanding of distances and angles, throwing and catching, calling for the ball.

Set Up

Area: 50x30 yards with target zones at each goal
 Players: 12 2 teams of 6
 Equipment: Cones, 2 goals, 1 ball

What To Call Out

"Tagged, you can't move"

"Catch the ball high, with both hands"

"Target player must stay in the zone"

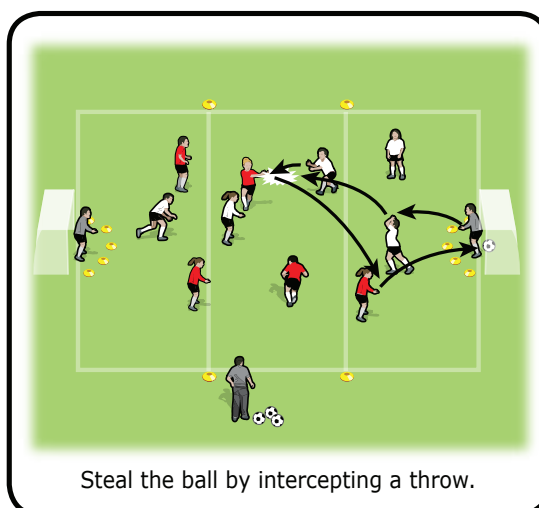
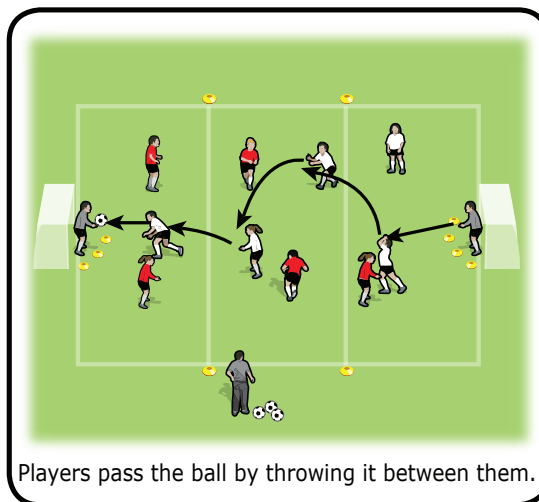
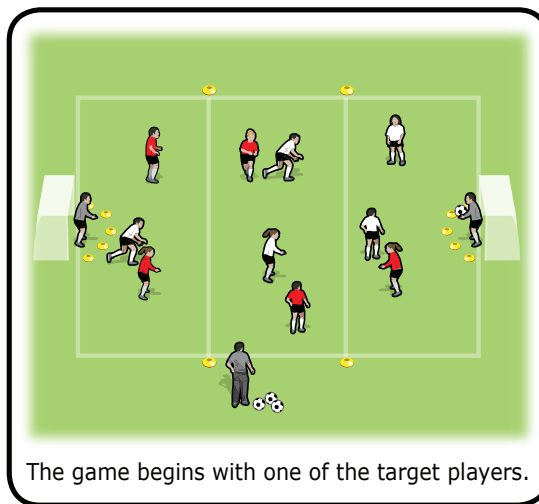
Progression

Allow the ball to be headed rather than caught if this will gain an advantage.

Allow the attacking team to throw or head the ball into the goal. The target player now becomes a goalkeeper and is released from the no-running rule. The goalkeeper cannot leave the target zone though.

Hint

Be firm on the no running rule. Players need to take time to be accurate with their throws. Any form of throwing is allowed, over-arm, under-arm or proper throw-in technique.



The Rules

Each tiger has a tail tucked into the back of their shorts. The tail must be visible so that other tigers can steal it.

The tigers run around inside the area and try to steal each other's tails by pulling the tail out of another tiger's shorts.

When a tiger steals a tail they add it to their own. Other tigers can now steal however many tails they have.

If a tail drops on the floor any tiger can steal it. However, first to touch the tail gets it to avoid a tug-of-war.

Tigers cannot grip their tail to stop it being stolen. They need to protect their tail by sprinting away, turning and screening.

The game can be played to a time limit (2 minutes, say) and see which tiger has the most tails at the end.

Main Objectives

Awareness, reactions, change of direction, explosive speed, twisting, turning, screening.

Set Up

Area: 45x30 yards
 Players: 12
 Equipment: 12 tails (old bibs or strips of material)

What To Call Out

"Turn"
 "Sprint"
 "Look out"

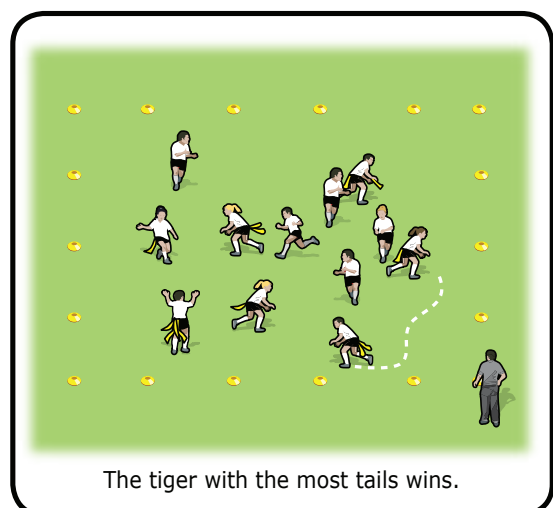
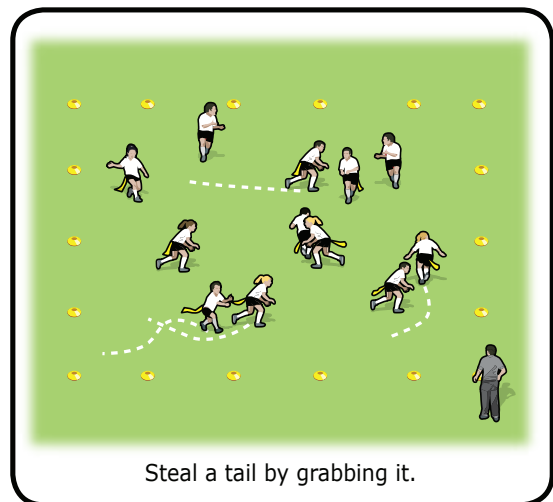
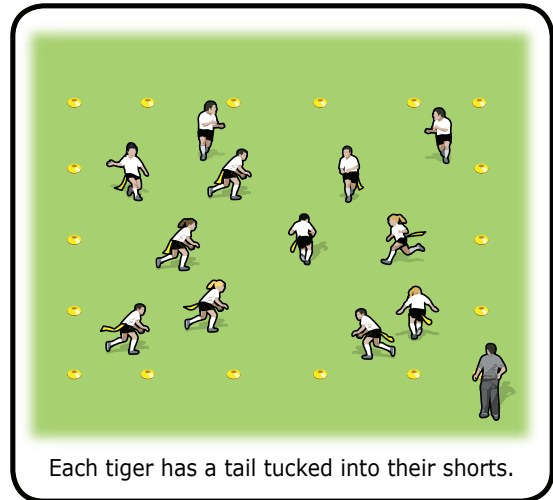
Progression

Give each player a ball which they must keep under close control whilst trying to steal tails.

When a tiger has their tail stolen they must now dribble around the outside of the area and the game is played until there is a winning tiger with all of the tails. It might be more realistic to play to the last two as the 1v1 at the end could last a long time.

Hint

You can make your own tails from material or use old bibs. Avoid using new bibs as they might get ripped.



The Rules

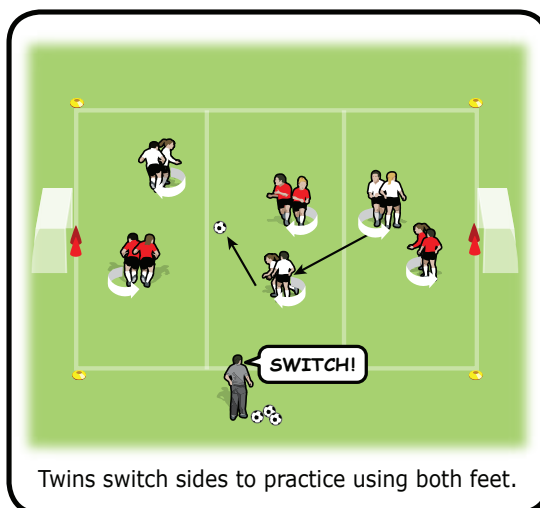
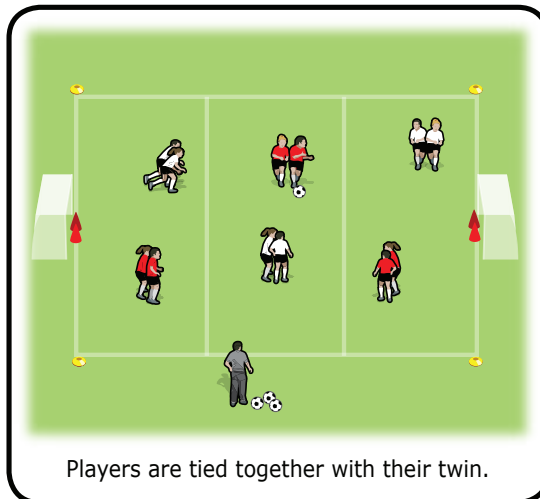
Players must find a twin and play together by tying their legs together with a piece of cloth or an old bib – think three-legged race.

Divide the players into two teams. They are aiming to hit the cones on the goal line in order to score a point.

Players must stay linked throughout the game and can only pass or shoot, tackle or intercept with their outside leg.

Players must switch sides on the coach's command so that they practice using both their left and right feet. Anyone can take possession of the ball once they have switched and tied their legs together again.

The ball must remain below head height to encourage the use of the weaker foot.



Main Objectives

Working with others, problem solving, coordination, weaker foot accuracy.

Set Up

Area: 30x25 yards
 Players: 12, 2 teams of 6
 Equipment: 4 cones, 2 goals, 1 ball

What To Call Out

"Stay linked"
 "Move together"
 "Outside foot only"

Progression

Remove the cones and allow longer shots and chipped goals into the entire goal.

Instruct players that when you shout "break" they must untie themselves and can play as normal. This will allow you to see how they react in relation to the position of the ball.

Hint

This game is perfect for large numbers as it automatically ties them up. You can play with anywhere between 8 and 20 players. Goalkeepers can be added if available.

The Rules

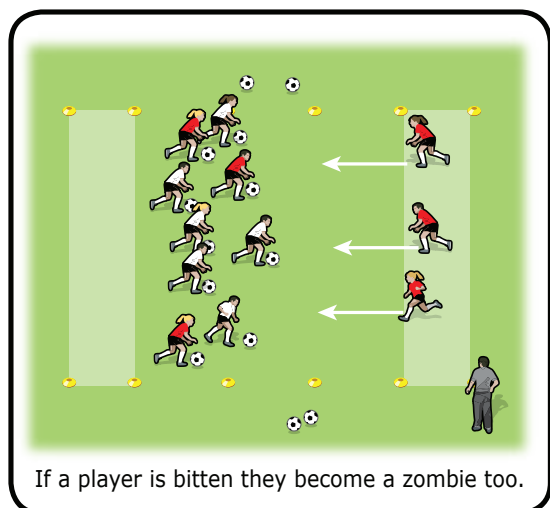
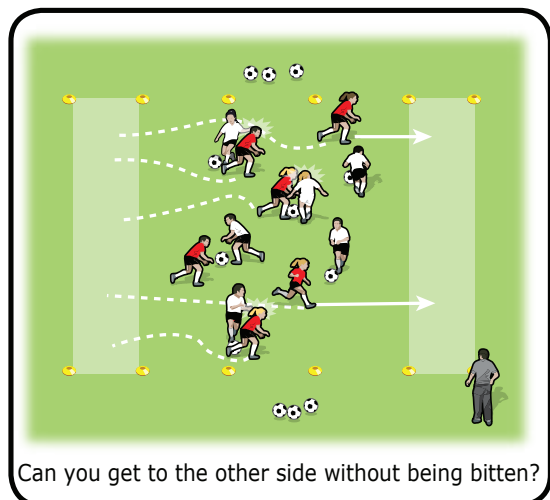
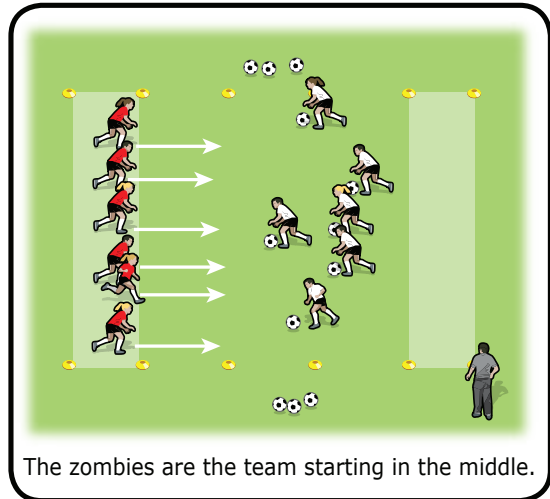
Split the players into two teams. One team starts in the middle and one team goes to an end zone.

The team in the middle are the zombies and in order to bite a player they have to keep their ball close and within touching distance when they tag a runner with their hand.

The players without a ball have to go from end zone to end zone without being bitten by the zombies.

Once a runner is bitten they turn into a zombie and get a ball from the side of the area.

See who can be the last runner to get bitten.



Main Objectives

Dribbling at pace, change of direction, disguise, attacking space.

Set Up

Area: 40x30 yards with 5 yard end zones
 Players: 12, 2 teams of 6
 Equipment: 11 balls

What To Call Out

"Zombies!" – to get the game started
 "You've been bitten"
 "Stay inside the grid"

Progression

Fewer zombies than runners will make it harder at the start.

You can also use smaller balls to increase skill levels or add specific gates that runners must escape through.

Hint

Have fun, don't get bitten.



Classroom Activities for Ages 9-11

10 activities



The Rules

Gladiators have a ball each and before the game they each select (or are given) an opponent. This is the only gladiator with whom they are competing.

Any spare player can be a random gladiator and attack who they want.

Gladiators compete to try and knock their opponent's ball out of the coliseum.

If a gladiator's ball is knocked out of the coliseum they must go down on one knee and await judgement from Caesar (you).

If the gladiator put up a good fight Caesar might give them a thumbs-up. Thus spared, they can collect their ball and re-enter the coliseum.

If the gladiator succumbed too easily Caesar will give them a thumbs-down, meaning they have been beaten and must leave the arena.

Main Objectives

Improve close control, dribbling and running with the ball, turning and screening in 1v1 situations.

Set Up

Area: 20 yard diameter circle
 Players: 8 to 16
 Equipment: Cones, a ball each

What To Call Out

"Gladiators ready"
 "Protect your ball"
 "Be decisive"

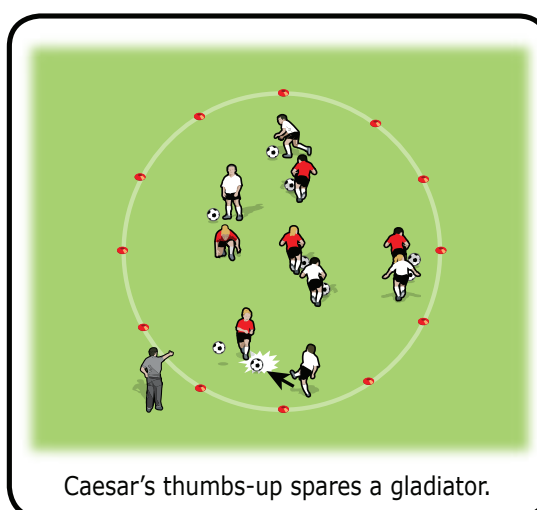
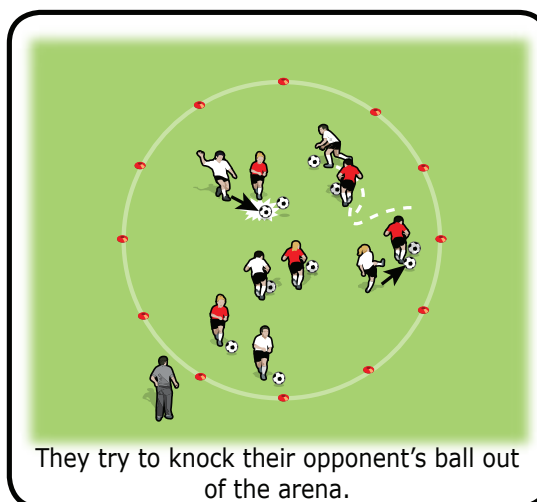
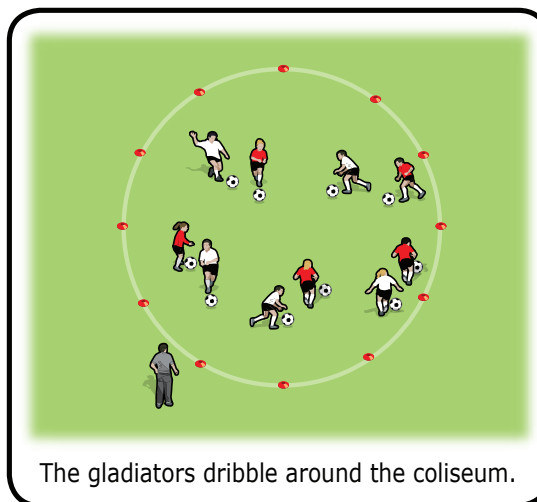
Progression

Gladiators that have been knocked out can become tigers patrolling the outside of the coliseum. If they see a loose ball they can steal it (no tackling). Caesar decides if this is fair.

At any time Caesar can call for the beaten gladiators to return to the coliseum and attack anyone.

Hint

As Caesar you must be firm, but fair. Make sure no-one's game ends too soon!



The Rules

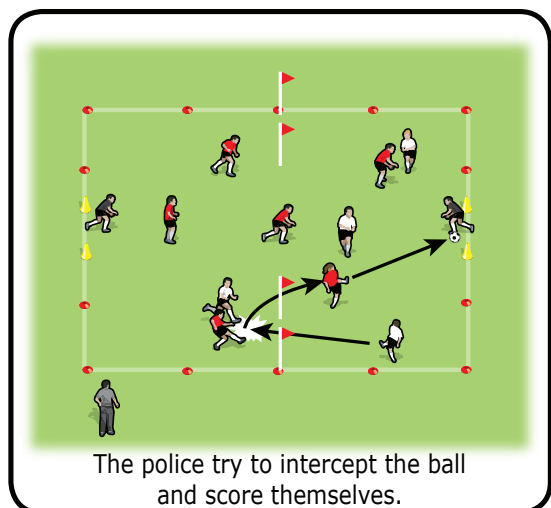
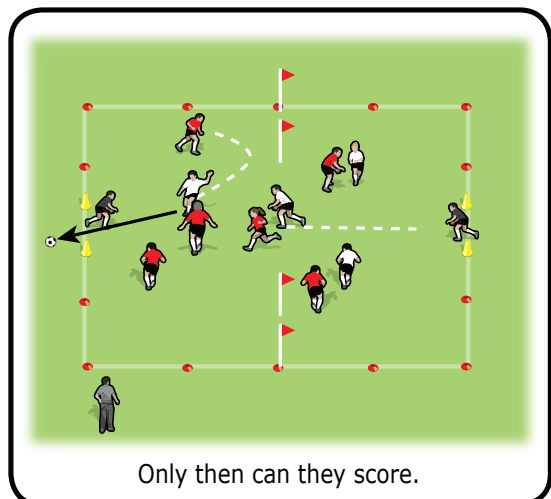
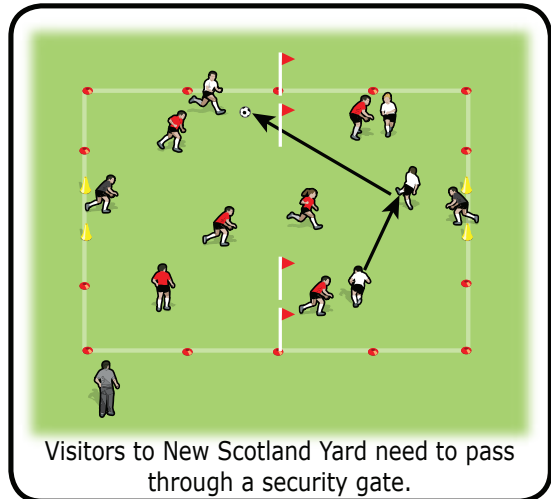
Two uneven teams play in the main area, 6 visitors v 4 police guards.

The teams can score in either goal.

For the team of visitors to be able to score they first need to pass through one of the security check points. The police guards do not need to go through a check point in order to score.

If you are not using goalkeepers players must dribble through the goal rather than shooting or passing the ball in.

Rotate the roles at timed intervals.



Main Objectives

Improve possession play and selection of pass.

Set Up

Area: 40x30 yards with two gates (security check points) 3 yards wide on each end of the half way line
 Players: 10
 Equipment: Lots of cones, balls

What To Call Out

"Find space"
 "Look out for the police"
 "Try and pass through the security gate"

Progression

The players must combine to make a wall-pass when going through a gate.

You can also balance the number of players on each side.

Hint

Players should communicate with each other so they know where the police are and don't get caught in possession.

The Rules

The attacking team pass the ball across their zone until one decides to take on a defender 1v1.

The defenders are each restricted to one 8 yard x 8 yard box and can tackle the player with the ball or force them backwards or sideways into another defender's box.

Once through the defensive line the attackers try to score against the goalkeeper unopposed. If the attacker is tackled they go back and start again.

Only the player with the ball moves beyond the defensive line.

Main Objectives

Improve 1v1 defending, building up to 2v1 and, finally, defending as a unit.

Set Up

Area: 32x32 yards
 Players: 9-13 including goalkeeper
 Equipment: 20 cones, balls, one goal

What To Call Out

"On guard"
 "Work together"

Progression

Allow one defender to recover into the last zone to apply pressure to the attacker if they get through.

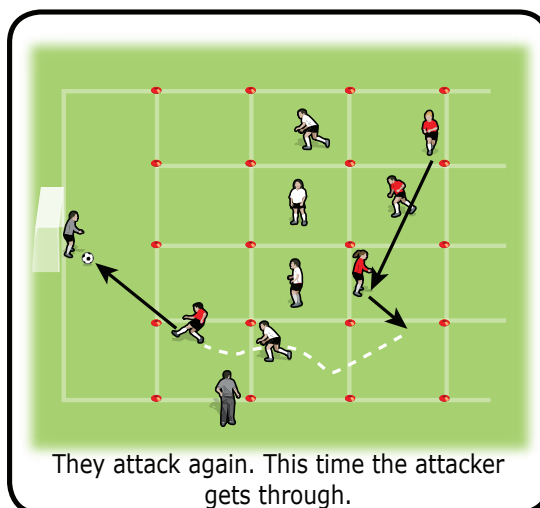
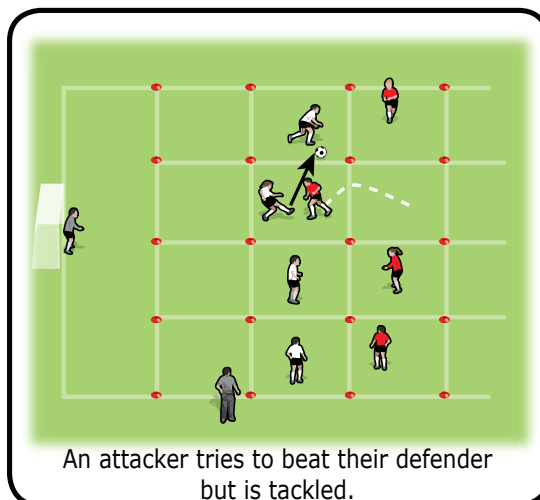
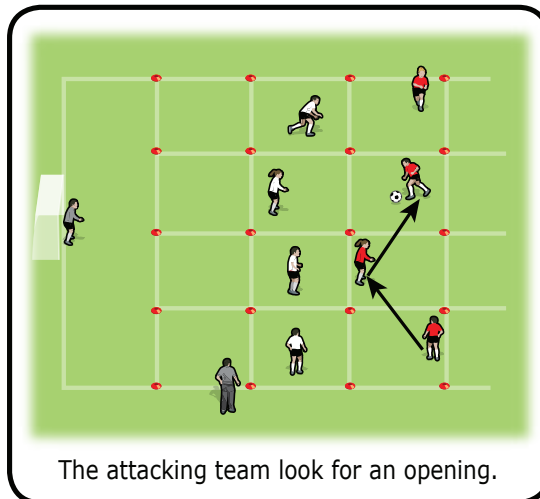
Alternatively, you can allow the second closest defender to enter the box at the risk of releasing the attacker in their own channel. This decision is dependent on the angle and distance and whether or not they can realistically win the ball.

Finally, allow all players to be active but defenders should try to ensure that no more than two are inside any box at once to help teach good covering distances.

Hint

If you only have 7 players reduce the number of channels to 3. The principles of individual and group defending remain the same.

Concentrate on the defensive aspects but remember to praise the attackers too.



The Rules

A group of attackers (chefs) start inside the hut. They need to add toppings to the pizza slices by dribbling balls and stopping them on top of the pizza slices.

Unfortunately, there are two or three customers that don't like the topping and will try to stop it going on the pizza. They do this by knocking the topping out of the kitchen.

The chefs go in pairs until all balls have been played.

How many toppings can they get on the pizza slices?

Main Objectives

Improving dribbling, disguise and change of direction in 1v1 and 1v2 situations.

Set Up

Area: 30x30 yards with triangular "pizza slices" at each end and a 10x12 yards pizza hut on one of the long sides.

Players: 11

Equipment: Cones, balls

What To Call Out

"Deliver the toppings"

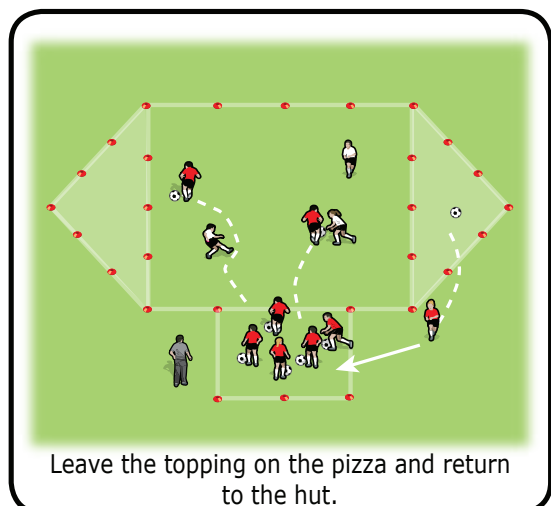
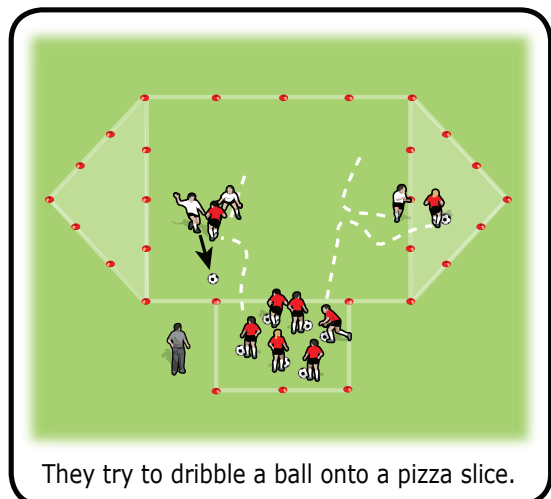
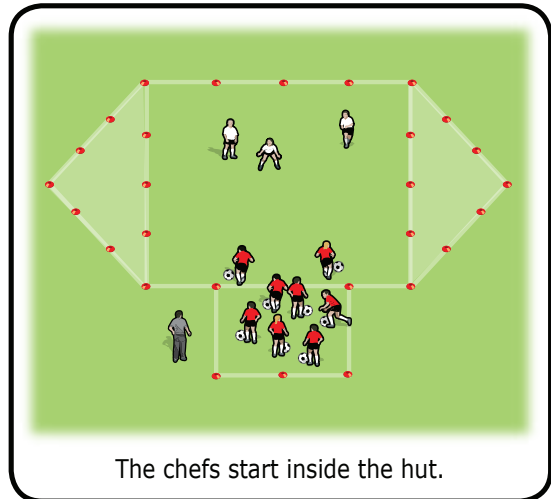
"Anchovies"

Progression

To deliver the finished pizza all the chefs run out together and bring the toppings back to the hut whilst the defenders try to steal the toppings again. How many pizzas can they deliver?

Hint

Before each pair of chefs set off call out the topping they are trying to put on the pizza. Alternatively, allow the players to pick a topping, however bizarre.



The Rules

Both teams play at once.

One player from each team defends the five pots (small circle of markers approximately 1 yard across) against an opponent who tries to dribble or run with the ball and stop it in a pot to score a point.

Each team has five balls with every player having a go at attacking. Once a player has attacked they need to react and defend against an attacker on the opposite team. The previous defender returns to their team.

Once a ball is stopped in a pot it is safe and cannot be removed.

The defender can stop the attacker by tagging them; they do not need to tackle the player. If they do this the player loses the ball.

Defenders are not allowed to run through or over any of the pots, giving the attacker a bit of protection.

The middle pot is worth double points.

Main Objectives

Improve close control, speed, agility and reactions.

Set Up

Area: 40x30 yards with collection pits at opposite ends
 Players: 10
 Equipment: Cones, 10 balls

What To Call Out

"React"
 "Look for another pot"
 "Score!"

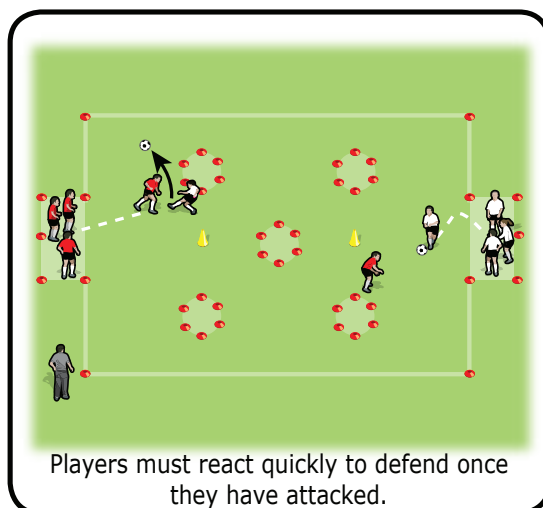
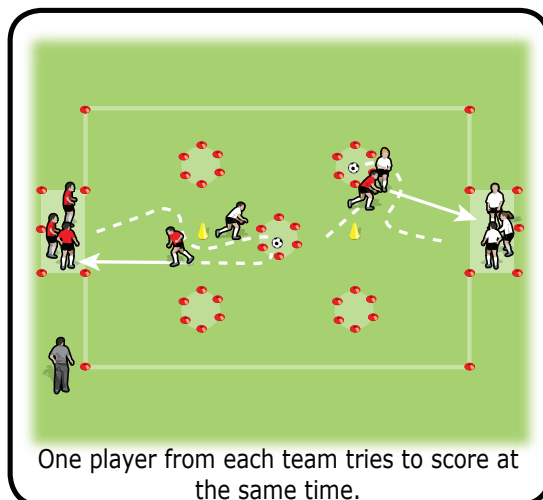
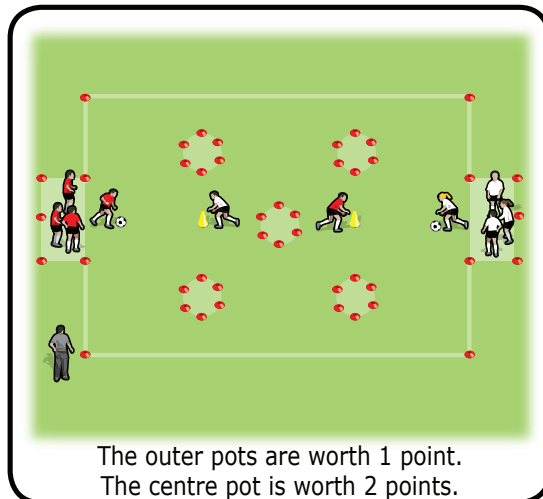
Progression

Give each pot a limit of two balls.

You can allow players to knock a ball out and replace it with their own. The defender must now decide whether to protect pots in which their team has a ball, or go all out to stop the attacker scoring, leaving their ball unguarded.

Hint

It will be easier to keep score if you have access to two colours or designs of ball. Or use a mixture of sizes.



The Rules

Prior to each kick off, each team forms a huddle and selects its secret weapon. This is the only player that can score for their team.

The teams whisper the name of their secret weapon to you and you relay the information to the floaters.

As well as trying to set up their own secret weapon teams must identify and stop their opponent's.

Players who are not the secret weapon can shoot – and perhaps deliberately miss – in order to trick their opponent into identifying the wrong player as the secret weapon. This gives an introduction to tactics and strategy in a fun way.

Every player should be chosen as the secret weapon at some point which is a great way to integrate even the shyest of players.

Main Objectives

Individual and team play to create goal scoring opportunities for a specific player in a game situation. Defensively, to recognise playing style and identify the danger.

Set Up

Area: 50x40 yards
 Players: 12 including 2 floating players
 Equipment: Cones, balls, 2 goals

What To Call Out

"Create space"
 "Pass forwards"
 "Shoot"

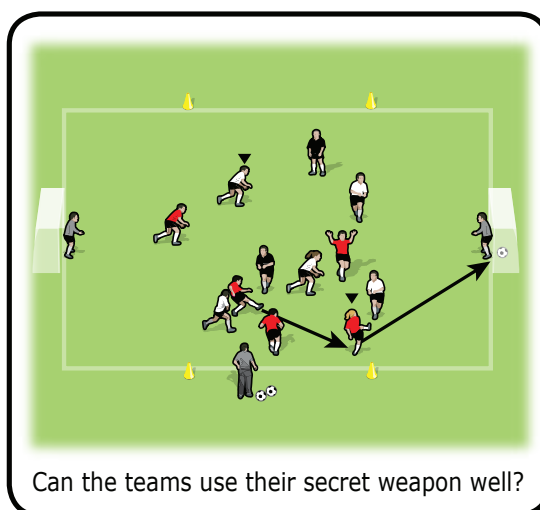
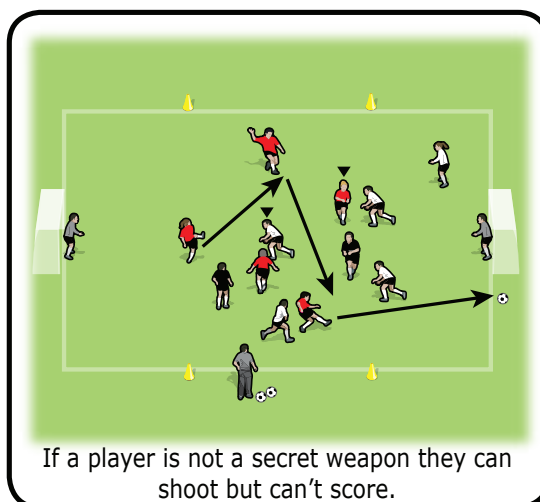
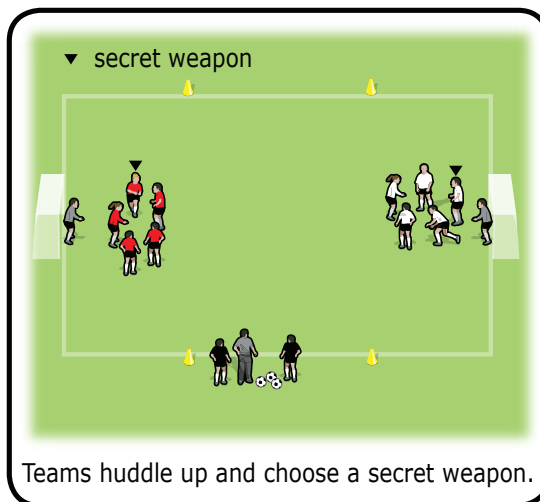
Progression

Each team is allowed two secret weapons. Do not go above two per team though as this begins to defeat the purpose of the exercise. Using two secret weapons increases the demands on each team defensively.

Allow the teams to choose one of the floaters to be their secret weapon. This could result in the same player being the secret weapon for both teams.

Hint

Make sure you remember who each team has nominated as their secret weapon. It's your job to ensure only goals scored by the nominated player count.



The Rules

Divide players into equal teams, each team has a channel to work in.

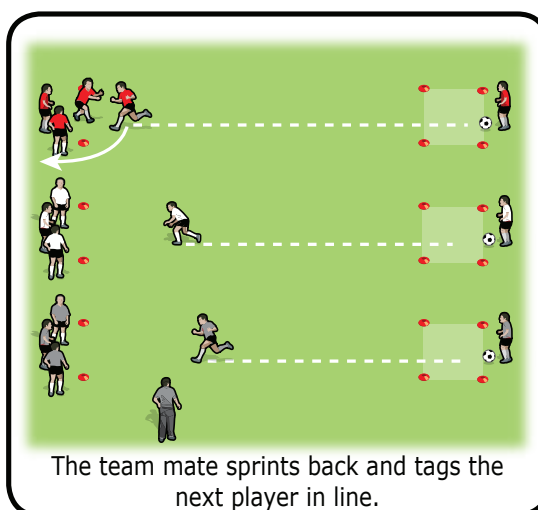
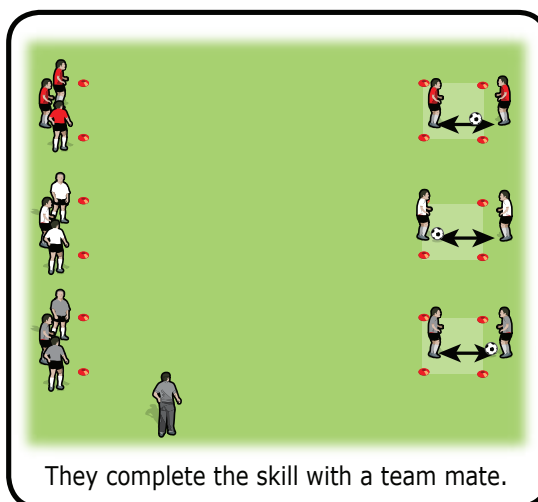
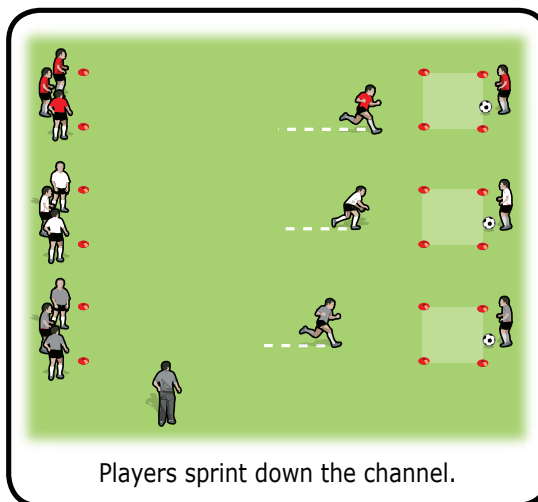
One player from each team stands at the far end of the channel where a box is placed.

The first player in line runs down the channel to the box at the end and plays 10 quick passes with their team mate.

They then replace their team mate who sprints back to the team and tags the next player who repeats the drill.

The relay ends when all players have completed the skill and returned to their team.

Award each team points based on their position (3 points for 1st, 2 for 2nd, 1 for 3rd, for example).



Main Objectives

Improve speed, control, technique and teamwork. Great entertainment and competitive fun.

Set Up

Area: 30x4 yards with 4x4 yards box
 Players: 8 or more
 Equipment: Cones, balls

What To Call Out

"Count your passes out loud"
 "Keep the ball under control"
 "Tag your team mate when you get back"

Progression

Many different skills can be used instead of short passing. For example, volleys, headers, and even back heels.

One favourite is to put a tall cone 6 yards past the box and play Spinners. The players take turns to dribble out to the box where they stop the ball before running on to the cone.

They place one hand on the cone and one on their head and spin around the cone ten times, then attempt to dribble the ball back down the channel.

Hint

Spinners is great fun to play and watch. However, some children might not want to play it so remember (as always) not to force anyone to take part. This has never happened to me though.

The Rules

Play 6v6 or, if you have odd numbers, use a floater that can play for either team.

The teams try to score a point by passing to a team mate in one of the corner boxes.

Players can move freely around the area but can only enter the corner boxes at the same time as the ball. If they enter a corner box too early this is considered offside. This encourages players to time their runs.

In addition, the ball must be played from any of the larger areas except the one in which the corner box is being targeted. This needs longer passes and quick switching of play.

Upon scoring a point possession is maintained. To re-score in the same corner box the ball must leave that quarter of the area before returning.

Play to, say, 10 points before changing teams around.

Main Objectives

Helping players understand how, when and why we switch play in a game.

Set Up

Area: 60x40 yards divided into four rectangles with 8x8 yard squares in each corner
 Players: 12
 Equipment: Cones, balls

What To Call Out

"Find space"
 "Is the switch on?"
 "Don't run into the box too soon"

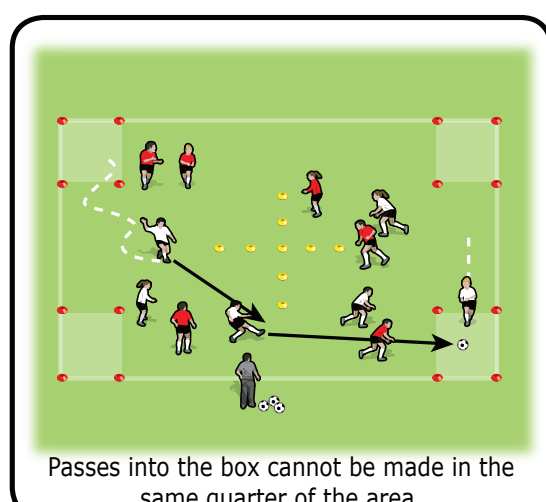
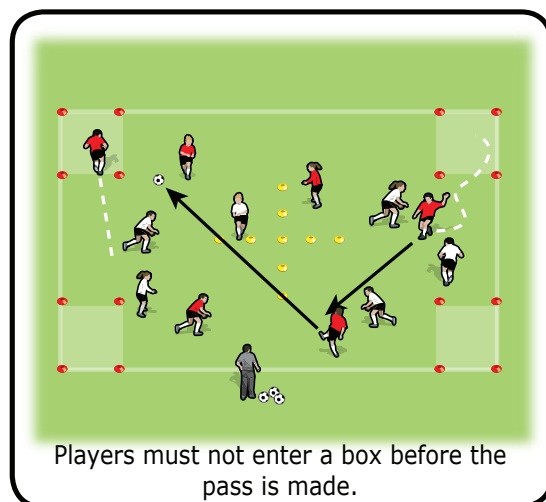
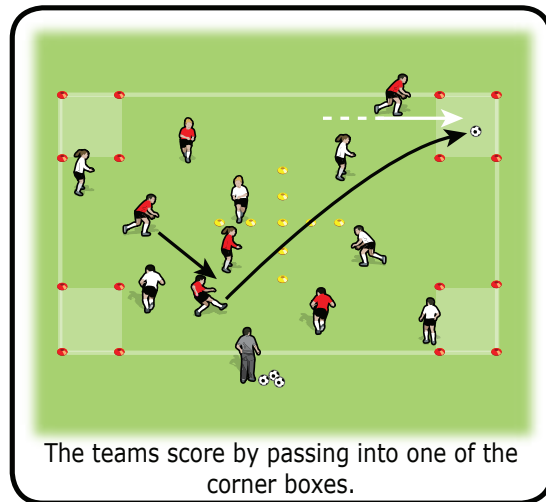
Progression

Insist that points can only be scored with lofted or chipped passes and must not hit the ground before entering the box.

Give a bonus point if the ball is controlled in the air – using the chest for example – thus encouraging aerial control skills.

Hint

Avoid crowding in one area by encouraging players to keep moving.



The Rules

Place the flag in the middle of the area with three defenders. As there are four entry points the defenders will always have one gate unguarded.

The remaining players split into 3 teams of 3 or more.

The teams try to break into the Alamo by going through one of the gates with the ball under control and reaching the flag in the centre.

Attackers cannot pass through a gate if a defender is standing immediately on the opposite side.

If an attacker breaks through, defenders try to tag them before they reach the flag.

The defenders play for a set time. The team that allows the fewest attackers to reach the flag wins.

Main Objectives

Improving interpassing and attacking small spaces. Defensive reactions and decision making.

Set Up

Area: 30x30 yards with 1 yard wide gates on each corner (indicated by different coloured cones)
 Players: 12
 Equipment: Cones, 3 balls, flag

What To Call Out

"Cover the gates"
 "Turn away"

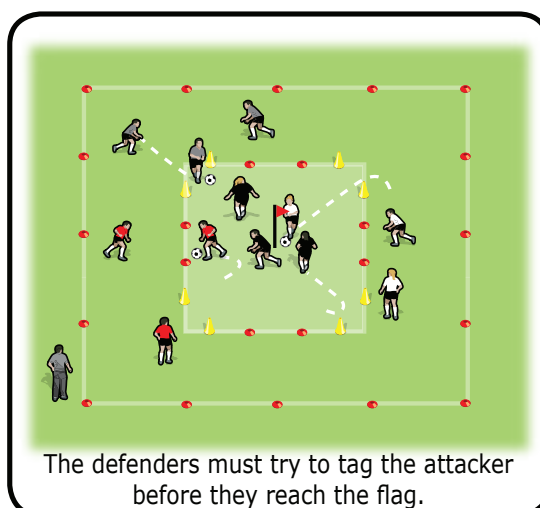
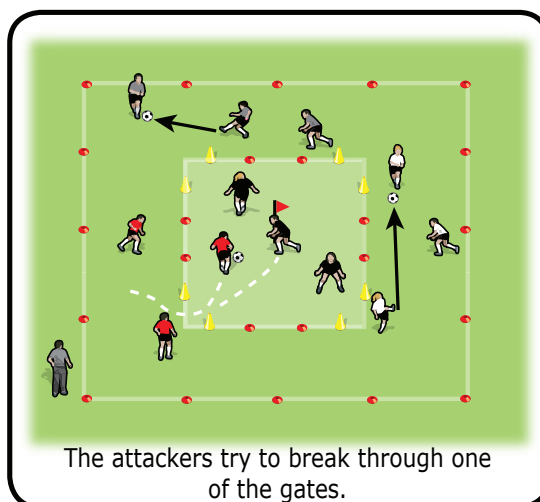
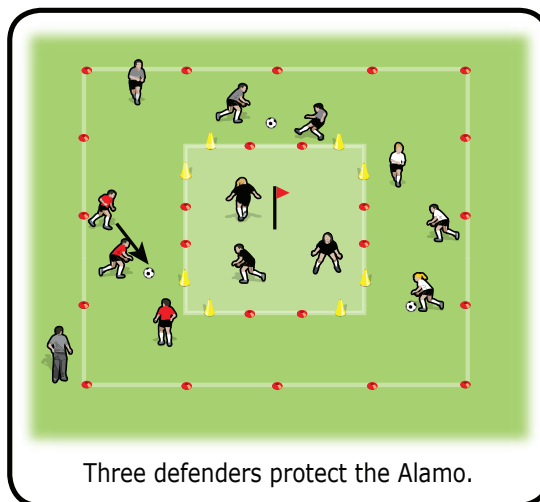
Progression

Allow one of the defenders to go over the wall and press one of the balls. If they do this well, the remaining two defenders should be able to cover the two remaining teams well. If not, they leave the Alamo exposed.

Alternatively, give the defenders a ball each. They can prevent an attacker reaching the flag by hitting them below the knee with their ball if they cannot tag the attacker.

Hint

Quick passing is the key to this game. The attacking teams will need to move the ball from gate to gate in order to find an opening. They should quickly learn that the ball can move faster than the defenders can run.



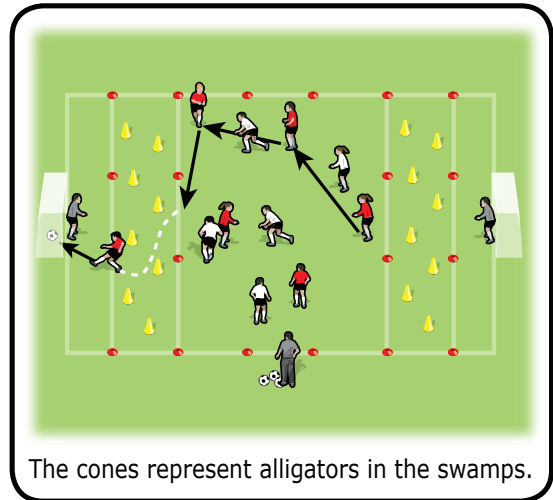
The Rules

Inside the main area the teams try to maintain possession until they see the opportunity to dribble through the swamp at either end.

If they get through the swamp without hitting a cone (alligator) they can score in the goal by passing the ball in with accuracy, not power.

If they hit an alligator the attack stops and possession is given to the other team.

If they score, they keep possession and must attack the opposite end.



Main Objectives

Improve passing, runs off the ball, dribbling and close range finishing. Flexibility and reaction.

Set Up

Area: 50x30 yards with 5 yard end zones at either end filled with cones. Goals are a further 5 yards outside the area.

Players: 10. If you have odd numbers use a floater inside the main area

Equipment: Lots of cones, balls and 2 goals

What To Call Out

"Keep your head up"

"Have a go"

"Can you dribble?"

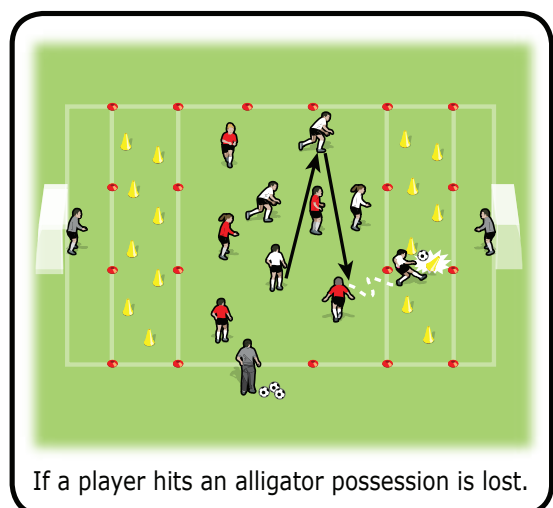
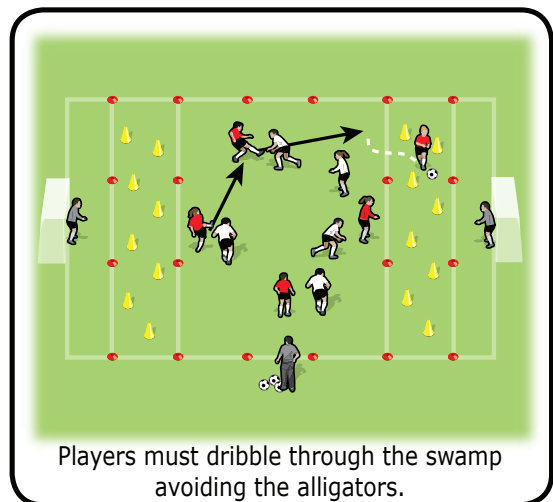
Progression

Allow one defender to follow the attacker into the swamp. However, if they touch a cone – they must move around not jump over them – they must stop.

Alternatively, the teams attack one end each and are allowed to shoot through the swamp, again avoiding the alligators. If the ball goes in after hitting an alligator the goal does not stand. This is more fun with goalkeepers in place.

Hint

Make sure players stick to the rules and have a supply of balls ready. If using goalkeepers ensure that they stay on their line and do not enter the swamp. As always, praise good technique.





Classroom Activities for Ages 12+

7 activities



The Rules

Play 2v1 in each zone with a goal or target at each end. Players are restricted to their zone. At least one attacker must touch the ball in each zone without a defender's touch before they can score.

Players can score at either end. If a defender wins the ball they become attackers and can attack either goal.

Attackers must complete four passes before trying to score. If the defenders score you switch them with four attackers immediately. The team with most goals wins.

Objectives

Though there are defensive aspects in this game the main purpose is losing marker and retaining possession with short passes ending with a goal.

Key Skills

When to play forward, first touch, movement/angles and communication, weight and accuracy of pass, and shield from defender.

Set Up

Area: 40x20 yards grid split into four zones

Players: 12

Equipment: Two goals, cones, balls

What To Call Out

"Heads up"

"Good angle"

"Pass"

"Touch"

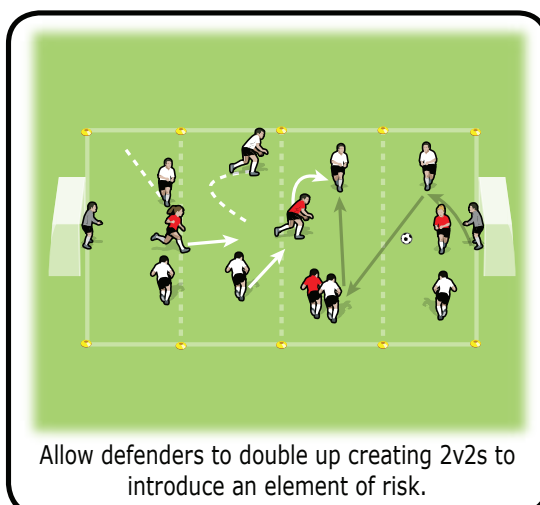
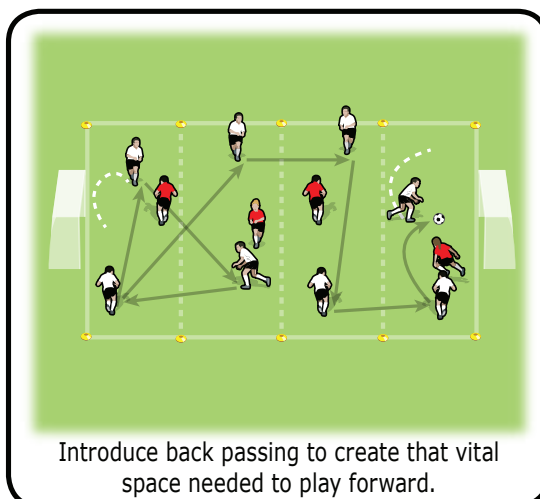
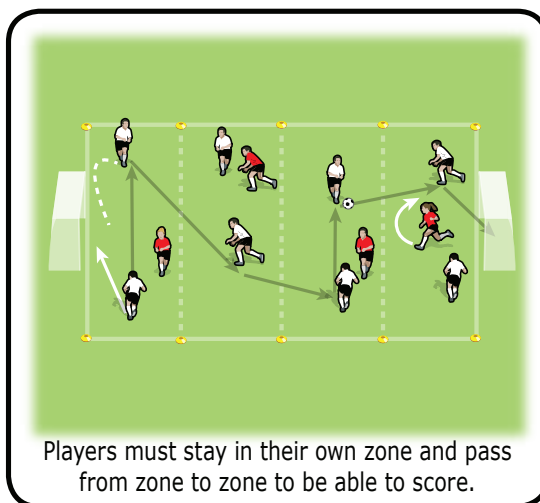
"Finish"

Development

- Each forward pass must be a one touch, allow ball to be played back to create more space to play forward
- Allow defenders to leave a zone to double up with a team mate to create a 2v2 in another zone. This introduces an element of risk taking. Any two of the four defenders can be in one zone at any time.

Hint

On last progression allow keepers to join in to keep possession.



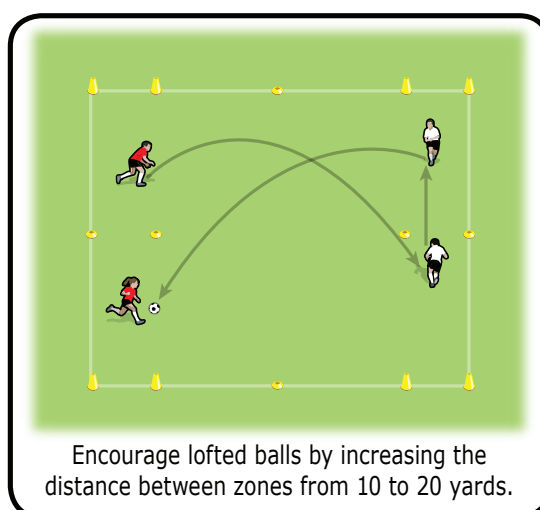
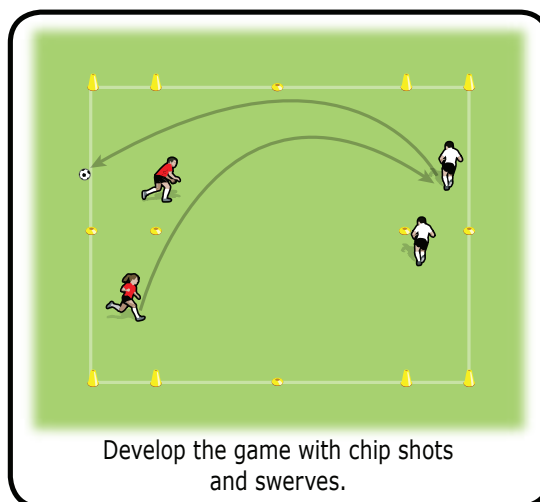
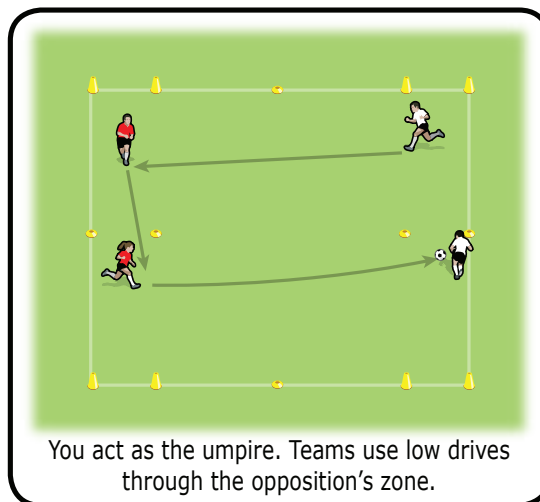
The Rules

You act as the umpire.

The object of the game is for the attacking team to drive a low ball through the opponent's zone. If the ball exits the zone because of a poor touch or without a touch a point is scored.

Players should work off two touches, one to control and then one to return the ball. Alternatively, the player can choose to pass to a team mate who then must hit the ball first time.

If a point is scored, possession returns to the scoring team who then serves the ball.



Objectives

Improves ball control both on the ground and in the air. Limited pressure fun game.

Key Skills

Eye on the ball, judging weight and angle of pass and flight when the ball is in the air. How to take pace off the ball (cushion) and set up for return.

Set Up

Area: Two 10x20 yards long split in two with 10 yards between the channels

Players: 4

Equipment: Cones, balls

What To Call Out

"Change serve"

"Take a touch"

"First time"

"Relax"

Development

- Set up in the same way as in the initial game but allow chip shots and swerves.
- Increase the distance between the zones from 10 yards to 20 yards to encourage lofted balls. This will demand greater accuracy from passing players as over-hit balls will not count.

The Rules

Split the squad into two teams of four players plus four neutral goalkeepers.

Play the games for five minutes and then rotate the neutral keepers. The team in possession can shoot at any goal.

On scoring a goal or making a save, the keeper then serves the ball to the opposite team who cannot shoot back at the same goal.

Keep a tally of the team or individual keepers who have the most clean sheets.

Objectives

Multi purpose game that works on goalkeepers' shot stopping techniques, narrowing angles, secondary saves and quick distribution. The game also focuses on strikers on quick play snap shots, rebounds and close range tap ins.

Key Skills

Keepers: ready position, footwork, techniques, reactions, decision making and distribution.

Strikers: creating space, decision making, accuracy/power, combination play and rebounds.

Set Up

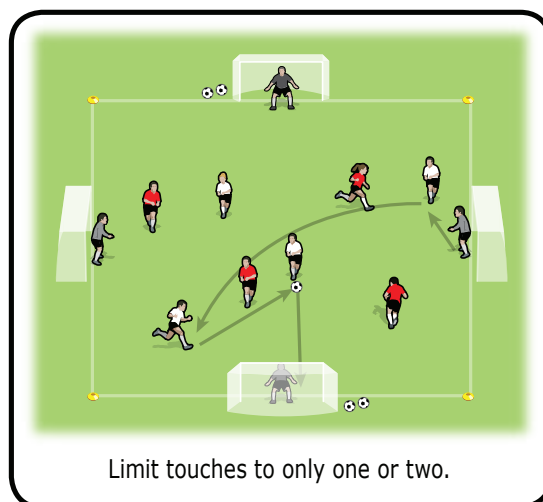
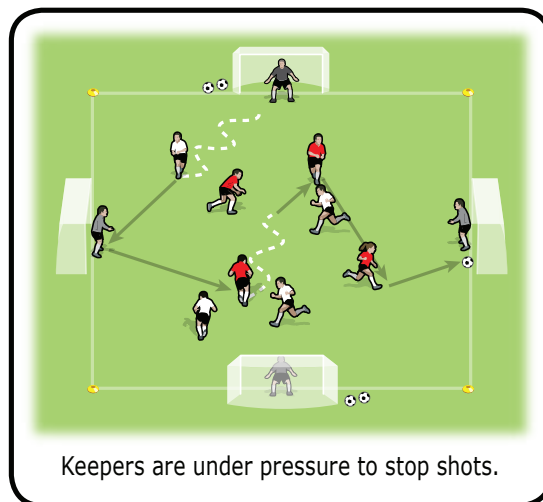
Area: 40x40 yards pitch
Players: 8 plus 4 goalkeepers
Equipment: Four goals or cones, balls

What To Call Out

"First time"

Development

- Limit the number of touches to one or two.
- If the keeper saves the shot he can throw overarm to any striker who can then receive double points if he scores from a header or volley.



The Rules

Split your players up into four teams of three. Place four or more 'pieces of gold' (balls) in each pocket.

Each team begins the game at its own pocket of gold. On your command players are free to 'pick' other teams pockets by sprinting to steal balls and taking them back to their own pockets. (Each player must deposit the ball they stole themselves.)

Play for about 90 seconds. The teams win a point for each ball deposited in their pockets and the team with the most balls in total gets a bonus point. Play a number of rounds until a team reaches 20 points.

Objectives

Improves running with the ball and dribbling.

Key Skills

Good sprinting, ball stealing with a good turn, decision making (run with ball or dribble depending on space), good control at the pocket. Development improves head up quality of technique on long pass high or low, and first touch (from aerial control).

Set Up

Area: 50x50 yards square with four 5x5 yards pockets in each corner

Players: 12

Equipment: 16 or more balls

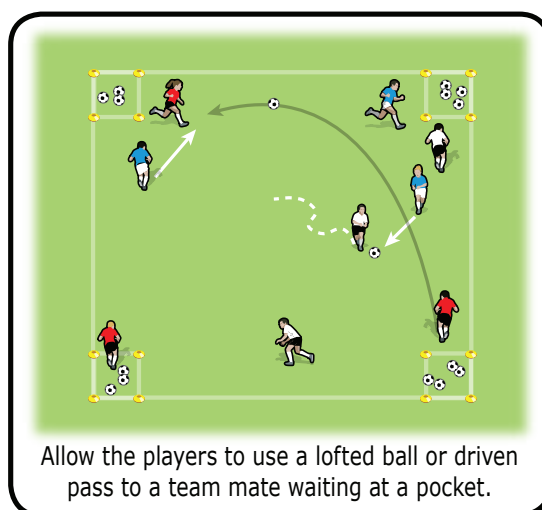
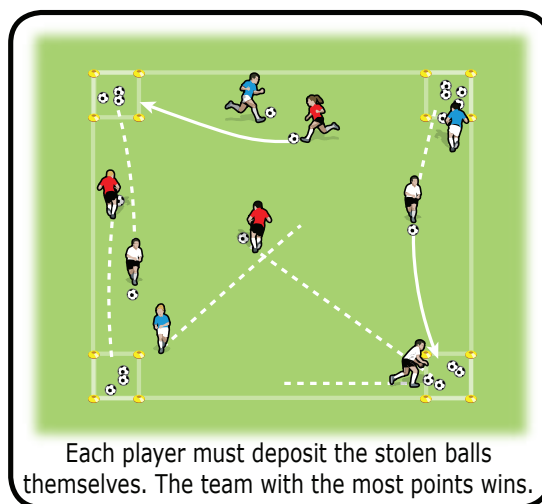
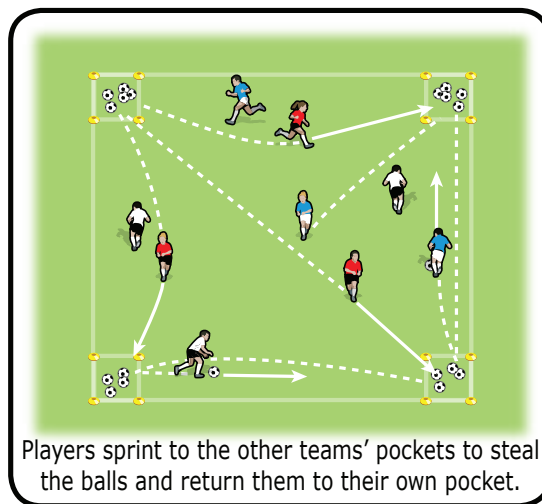
What To Call Out

"Attack space"

"Keep control"

Development

- Randomly introduce two or three extra balls to guarantee a winning team.
- Once a player steals a ball he has the option of finding a team mate who is positioned near the team's pocket. The player can either play a long lofted ball or driven pass to his team mate who then deposits the ball. At any point in either development you can introduce stealing any loose balls or block tackles.



The Rules

Play 9 attackers v 3 defenders. Attackers are restricted to two touches only. Place plenty of spare balls outside the pitch.

If the defenders win the ball they can score a goal through any one of the gates.

The attackers must try and complete a set number of passes (e.g. ten), they can then also try to score.

Count the number of passes and goals scored.

Switch the defensive team at ten-minute intervals.

Objectives

Improves defending and pressure as a unit and fitness.

Key Skills

Defence working together to pressure the ball into a tight area quickly. Using support angles to stop a pass and force an error. The timing and decision to do this will depend on the distance from the ball. Anticipating when and where a pass will be played. This is helped by the two touch restriction.

Set Up

Area: 50x30 yards grid

Players: 12

Equipment: 16 cones for 10 goals (two 5 yard goals in each corner and one either side), balls

What To Call Out

"Support"

"Win it"

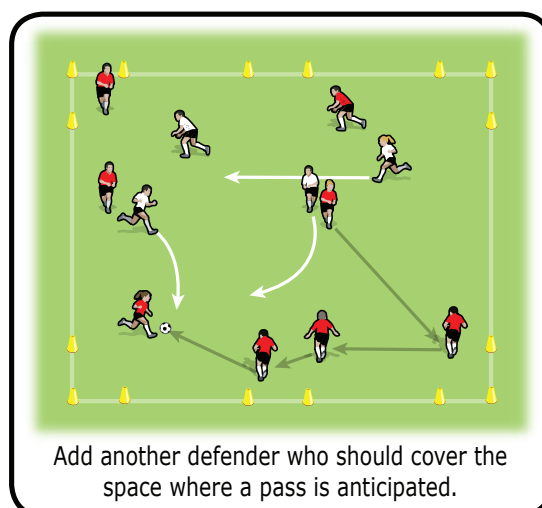
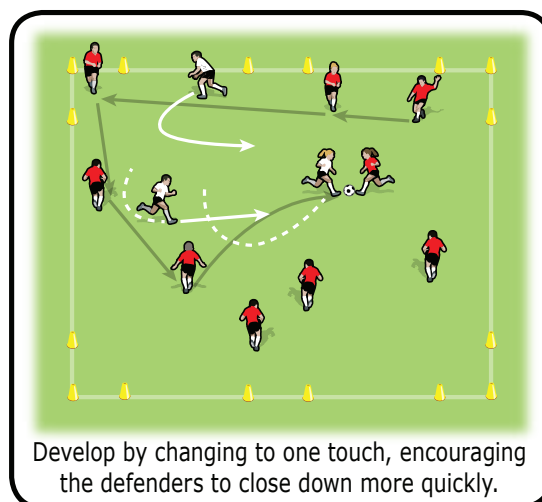
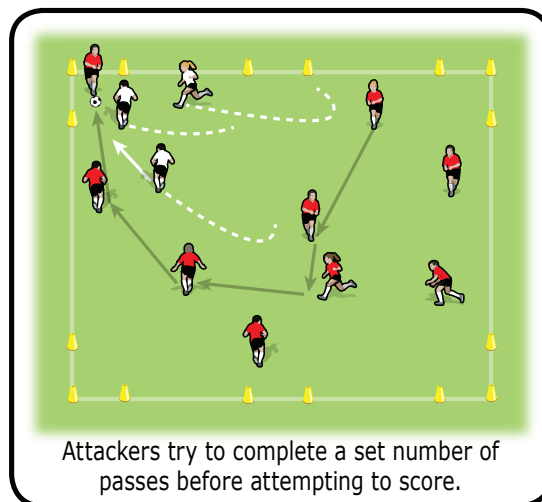
"Score"

Development

- Change the number of touches that are allowed, less to make it harder or more to make it easier, e.g. one touch should encourage even more effort to press the ball as it reaches a player.
- Change the overload to a 4v8. Allow unlimited touches. The back four work as a unit to encourage one defender to try and cover the space where a pass is anticipated.

Hint

Prioritise keeping score for defenders as it is their game.



The Rules

The sweeping keeper in the end zone can use the full width of the pitch.

The aim is for a team to get the ball from one keeper to the other and back again. A point is scored each time this is achieved. The first team to score ten points wins.

Before attempting to get the ball to the opposite end, it must be returned to the starting keeper at least once.

Initially only two defenders can be in the defending half to encourage success and awareness of space. Keepers play for either team when in possession. Keepers can catch or control the pass from the opposite end zone but they can only use their feet or head from a back pass.

Objectives

Encourages playing out from defence and retaining possession using the keeper.

Key Skills

Keeper – eye on the ball, move into line, good footwork, control techniques, distribution and support angles.

Outfield – reactions, creation of space, distance of support, awareness of defenders, communication, technique of pass forward or back.

Set Up

Area: 60x40 yards pitch with halfway line and two 5 yard end zones

Players: 12

Equipment: Balls

What To Call Out

"Find the keeper"

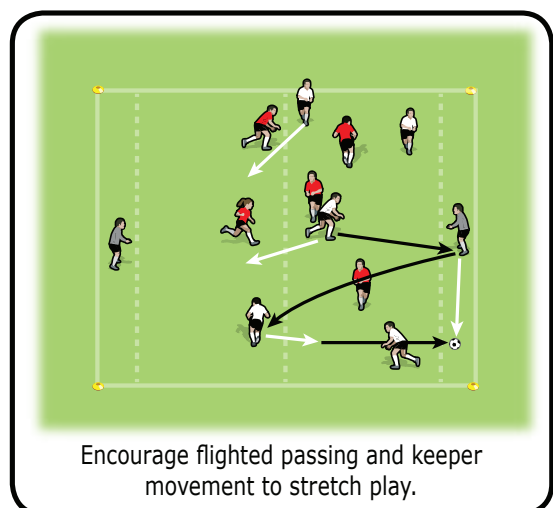
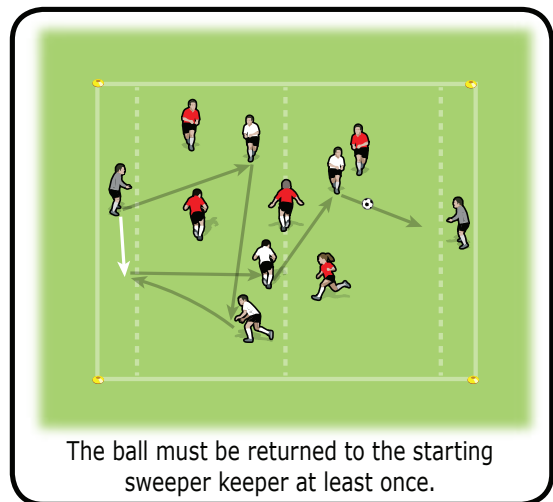
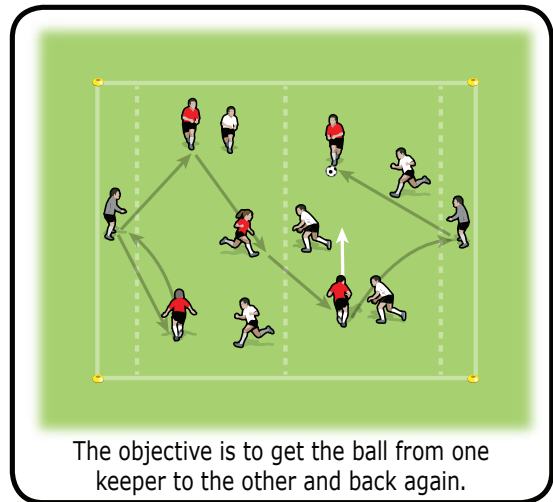
"React"

"Angles"

"Find space"

Development

- Insist on a certain type of distribution and control from the keeper such as feet or chest to control and passing only with the feet.
- Allow the players to move freely around the whole pitch and encourage the team in possession to try and stretch the play using different passes like clipping the ball slightly off the ground.

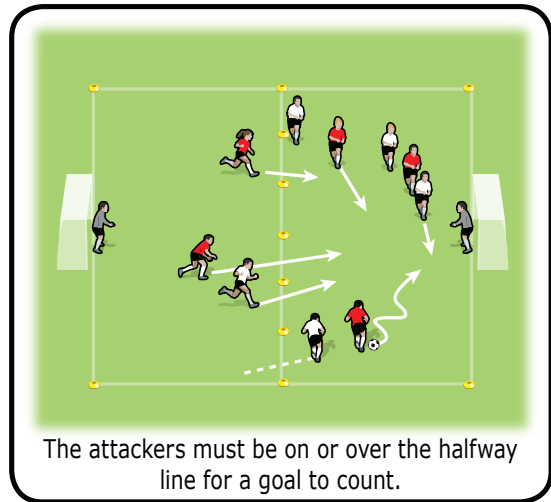


The Rules

Play with two teams of five players, you can use a floater if you have an odd number or one team is weaker.

When in attack, a goal only counts if all the attacking team, except the goalkeeper, are on or over the halfway line when the goal is scored. If a goal is not scored in this way then the attackers retain possession until they are over the line. And when the last player crosses the line they can then score.

All defenders must be in the defending half or any goal will count double, this encourages quick attacks and recovery runs.



Objectives

Counter attack quickly and push forward as a team, and recover as a team to defend.

Key Skills

Reacting to gained or lost ball, speed and direction, passing and forward runs, defend and delay, and recovery runs to mark players or space.

Set Up

- Area:** 60x40 yards pitch with halfway line
- Players:** 10 plus 2 goalkeepers
- Equipment:** Two goals, cones, balls

What To Call Out

- "Can score"
- "Quick play"

Development

- Introduce a minimum of three passes before the ball goes over the halfway line to encourage playing out.
- All players must remain in one half until the ball is either dribbled or passed over the halfway line.

Hint

Change the size of the pitch for extra fitness work.

