



Special Olympics Junior Athletes

Football

FOOTBALL

Football is generally considered to be the world's most popular team sport. Played in just about every country, the sport's success is due to the fact that it can be played by boys, girls, men and women of just about any physical build and ability. Football requires little in the way of specialized equipment and is organized using simple, intuitive rules.

Football is a particularly appropriate sport for individuals with intellectual disability as it:

- Involves all participants constantly
- Is easy to teach and rewarding to play
- Allows relatively rapid initial improvement in skills and basic game understanding
- Is a great conditioning activity
- Is fun!

The wonderful thing about football is that you do not need to be an expert to begin coaching. You just need enthusiasm and a commitment to learn the basics.

This guide will help you to implement a developmental football program for children ages 6 to 10 years old. Weekly Sessions for this sport module will include:

- Week 1: Dribbling
- Week 2: Passing
- Week 3: Shooting
- Week 4: Scrimmage

Equipment Requirements

The following equipment is needed to complete the Special Olympics Junior Athletes 4-week football program.

- Footballs (soccer balls):
 - It is important to select the correct size ball based on the age of participants in your group. Size 3 balls are the smallest available and are good for children under 8 years old. Size 4 balls are ideal for 8 to 12 year olds. Consider providing a variety of different ball sizes, including size 5 regulation balls, to meet the needs of all players in your group.
- Large sport cones
- Flat cones
- Balloons
- Stop watch
- Whistle



FOOTBALL, WEEK 1: DRIBBLING

Introduction and Warm Up Activities (10 minutes)

- Team Cheer
- Dynamic Stretching
- “Look What I can Do”

Individual Skill Development (20 minutes)

- Introduction to Dribbling
- Red Light, Green Light

Group Activities (20 minutes)

- Treasure Hunt
- Sharks and Minnows

Cool Down (10 minutes)

- Dynamic Stretching
- Closing Song

FOOTBALL, WEEK 1: DRIBBLING



• Warm Up
(10 mins)



• Individual Skill
Development
(20 mins)



• Group
Activities
(20 mins)



• Cool Down
(10 mins)



Introduction and Warm Up Activities

Team Cheer

Start your activities on a positive note by encouraging the group to come up with a team cheer. This is something that can be done at the beginning or end of each practice to encourage connection and community amongst the team.

Dynamic Stretching

Dynamic stretching uses the body's momentum to warm up before activity and extend the muscle's range of motion. Below are just a few examples of dynamic stretches.

- **Leg Swings:** Stand sideways with one side facing a wall, chair or partner. Place your left hand on the wall and shift all your weight onto your left leg. Swing your right leg forward and backward to stretch the thighs, hips and hamstrings. Switch to the other leg.



- **Lunge Pulses:** Slowly step forward with one foot, allowing both knees to bend. The thigh of the front leg should be parallel to the floor, while the knee of the rear leg should form a 90 degree angle. From this position, slowly pulse up and down, only moving a few centimeters at a time. Count to 15 and then switch to the other leg.

- **Walking Toe Touches:** Stand straight with feet a little more than hip-width apart. Step forward with your left foot and simultaneously kick your right foot up in the air, as close to a 90 degree angle as possible. Bring your hands forward to touch your toes. Continue alternating feet while crossing the field or gym.



- **Arm Swings:** Stand straight with feet a little more than hip-width apart, arms straight to your sides. Keep your arms straight and swing them forward, bringing them up to your head, with arms towards your ears. Swing back to extend your arms behind your body. Repeat to open up the flexibility in your shoulders and arms.

"Look What I Can Do"

Begin by saying "Look what I can do. Can you do this too?" and demonstrating a physical activity, such as jumping jacks.

The children then mirror the same movements. Then demonstrate several other physical skills, such as skips, star jumps, side-to-side shuffles and more. After several demonstrations, ask participants, "What can you do?" and allow them to lead the activity.

FOOTBALL, WEEK 1: DRIBBLING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)

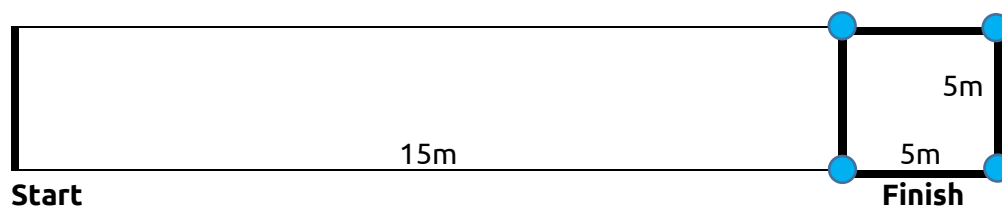


Individual Skill Development

Introduction to Dribbling

Equipment: Balls; four large sport cones; tape

Set up a space with cones and tape using the diagram below.



Have children line up at the starting line with one ball per person. Using small, short kicks and alternating between the left and the right foot, have children dribble the ball one-by-one from the starting line to the finish area. Each child should stop the ball in the finish zone; however, if they overshoot, they must dribble it back into the specific area to finish.

Once this is complete, it is the next participant's turn.

Red Light – Green Light

Equipment: Footballs

Line children up in a straight line at one end of the field or gymnasium. Give each participant a ball. When the coach says “green light”, players dribble the ball with their feet. When the coach says “red light”, players must stop their ball and stand still. The goal is for children to make it across the space as quickly as possible, while maintaining control of the ball.

Have fun with the activity. Encourage children to use their imaginations to pretend they are driving a car, making “brake” and “engine startup” noises throughout the activity.

Focus on dribbling technique. Use this opportunity to correct improper technique or reward children who are excelling in the skill. Remind children to keep the ball close at all times to maintain control.

FOOTBALL, WEEK 1: DRIBBLING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



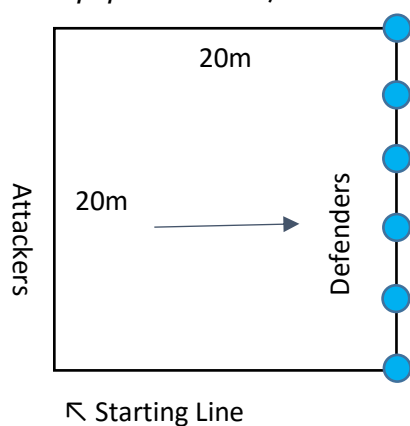
•Cool Down
(10 mins)



Group Activities

Treasure Hunt

Equipment: Balls; flat cones



Divide players into two, uneven teams.

Set up a 20-meter square with a line of six flat cones at one end. Balance a ball on top of each cones. These balls are the treasure.

The team with the most players are the attackers. Line this team up at the end of the playing area at the starting line. Give each attacker a ball.

The team with fewest players are defenders. Have these players line up just in front of the treasure, facing the attackers.

On the coach's command, have the attackers dribble towards the treasure.

The goal of the attackers is to dribble past the defenders and kick their ball at the treasure to knock it off the cones. If an attacker succeeds he or she should pick up the treasure and carry it back to starting line while dribbling the ball.

The goal of the defender is to try and knock the attacker's ball out of the playing area. If an attacker allows their ball to go out of the playing area, they must go back to the starting line and try again.

Remind children to keep the ball close and in control. Attackers should also be reminded to dribble with their heads up, not looking at the ground, so they can see the defenders.

FOOTBALL, WEEK 1: DRIBBLING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)

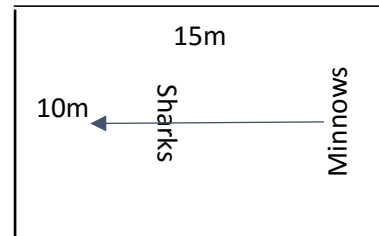
Sharks and Minnows

Equipment: Balls; sport cones

Set up a 10 x 15 meter rectangular grid. This is your pond.

For the activity, two children are the sharks and do not have a ball. The rest of the children are minnows and each have a ball.

Line the minnows side by side along one of the 10 meter lines. Position the sharks inside the pond, facing the minnows.



When the coach says, "swim", the minnows try to dribble their soccer balls past the sharks safely to the other side of the pond. If a shark steals a soccer ball from a minnow or kicks a ball out of the pond, the minnow becomes a shark and the family of sharks grows. The minnows that make it safely to the opposite side get to swim again on the coach's command.

Continue until all the players become sharks.

If a shark steals a ball and can dribble it to the end of the pond, then the shark becomes a minnow and the minnow becomes a shark.

FOOTBALL, WEEK 1: DRIBBLING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Cool Down

Dynamic Stretching

Stretching is an important part of cooling down the body after physical activity. You can repeat the dynamic stretches you did at the beginning of the session or add new stretches, like those below, which target various muscle groups.

- **Cross Body Swings:** Stand sideways with one side facing a wall, chair or partner. Place your left hand on the wall and shift all your weight onto your left leg. Raise the right leg slightly in front and to the right of the body. Swing the leg in front and across the body towards the left foot. Swing the leg back out. Repeat and then switch to the left leg.
- **Knee Hugs:** Stand straight with feet hip-distance apart. Bend the knee and pull the right leg up, using the hands to pull the knee closer to the chest. Hold slightly then slowly drop the leg. Repeat, alternating between the left and right legs.
- **Chest Stretch:** Stand straight with feet a little more than hip-width apart, arms straight out to your sides (forming a t-shape). Swing your arms forward (still parallel to the ground) so your arms cross in front of your body at the fore arm or elbow. Swing your arm back and extend past the body to open up the shoulders. Repeat.

Closing Song

Encourage children to end the session with a song that associates words with actions and body awareness, such as “Wheels on the Bus” or other familiar action songs. Action-oriented songs can encourage children to perform a variety of stretching activities, like touching toes or reaching up high, and provides a fun and playful atmosphere for concluding the session.

Be creative and use the closing song as an opportunity to stretch and reflect on the day’s activities.

FOOTBALL, WEEK 2: PASSING

Introduction and Warm Up Activities (10 minutes)

- Dynamic Stretching
- Cars on the Road
- Walk the Dog

Individual Skill Development (20 minutes)

- Balloon Kicks
- Passing Practice

Group Activities (20 minutes)

- The Maze Game
- Clean the Yard
- The Name Game

Cool Down (10 minutes)

- Dynamic Stretching
- Team Cheer

FOOTBALL, WEEK 2: PASSING



• **Warm Up**
(10 mins)



• **Individual Skill Development**
(20 mins)



• **Group Activities**
(20 mins)



• **Cool Down**
(10 mins)



Introduction and Warm Up Activities

Dynamic Stretching

Dynamic stretching uses the body's momentum to warm up before activity and extended the muscle's range of motion. Below are just a few examples of dynamic stretches.

- **Leg Swings:** Stand sideways with one side facing a wall, chair or partner. Place your left hand on the wall and shift all your weight onto your left leg. Swing your right leg forward and backward to stretch the thighs, hips and hamstrings. Switch to the other leg.



- **Lunge Pulses:** Slowly step forward with one foot, allowing both knees to bend. The thigh of the front leg should be parallel to the floor, while the knee of the rear leg should form a 90 degree angle. From this position, slowly pulse up and down, only moving a few centimeters at a time. Count to 15 and then switch to the other leg.

- **Walking Toe Touches:** Stand straight with feet a little more than hip-width apart. Step forward with your left foot and simultaneously kick your right foot up in the air, as close to a 90 degree angle as possible. Bring your hands forward to touch your toes. Continue alternating feet while crossing the field or gym.



- **Arm Swings:** Stand straight with feet a little more than hip-width apart, arms straight to your sides. Keep your arms straight and swing them forward, bringing them up to your head, with arms towards your ears. Swing back to extend your arms behind your body. Repeat to open up the flexibility in your shoulders and arms.

Cars on the Road

Equipment: Flat cones

Give each child a flat cone to hold in their hands. Ask them to pretend that they are each driving a car and the cone is their steering wheel. Begin the game by telling participants to move in different ways around the playing area – forwards, with little steps, big steps, hop, sideways, backwards, and more.

Encourage children to keep their heads up to avoid crashing into another car.

FOOTBALL, WEEK 2: PASSING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)

Walk the Dog

Equipment: Flat cones (in two different colors); balls

Scatter 10 to 20 flat cones in two different colors around a large play area.

Give every child a ball. Ask them to pretend that their ball is a dog and they need to take their dog for a walk. Have children walk their dog by dribbling the ball around the play area.

Next tell the children that one color cones (for example, red) are fire hydrants and the other color cones (for example, green) are trees. Start the activity by telling children that their dog wants to sniff every fire hydrant. This means children try to dribble their ball, stopping at each red cone.

Then say, "It's raining, get to a tree for protection!" and have children run while dribbling the ball to a green cone.

Have fun with the activity! Encourage children to name and interact with their dog!

This activity is also a great way to reinforce the dribbling activities from week 1 before developing new skills in passing for week 2.

FOOTBALL, WEEK 2: PASSING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Individual Skill Development

Balloon Kicks

Equipment: Balloons

Have children pair up with a partner. Give each pair of children a balloon. Encourage the children to kick the balloon back and forth. Challenge the pairs to see how many times they can kick the balloon back and forth before it touches the ground.

Note: Balloons have longer flight times than other balls. This will help children focus on accuracy in the motion of kicking towards a partner.

Passing Practice

Equipment: Balls; stopwatch

Have children pair up with a partner. Give each pair a ball and ask them to stand roughly three meters apart. Have the children kick the ball back and forth to pass.

Give the children time to get comfortable with passing the ball back and forth. Provide encouragement and instruction throughout the activity. Consider the following coaching points when teaching passing techniques:

- When making short passes, with a focus on accuracy, kick the ball with the inside of the foot, at the arch in between the heel and the ball of the foot.
- When receiving a pass, children should prepare their foot slightly in front of the body, with heel down and toe up. Cushion the ball so it slows down and does not bounce away.

After a few minutes of passing and instruction, have a timed passing competition. Using a stopwatch, ask each pair to count the number of times they can pass the ball in one minute. Every time one player touches the ball, it counts as one pass. Celebrate the winning team.

Next merge pairs into a group of four. Two players will be the offense (the team with the ball), and two players will be the defense (the team preventing the other team from completing their pass or scoring a goal). The players on offense will need to move around as they try to pass the ball back and forth to one another. The players on defense should try to block the ball and deny the other team from completing the pass.

Switch sides after a few minutes.

FOOTBALL, WEEK 2: PASSING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Group Activities

The Maze Game

Equipment: Cones; balls; stopwatch

Construct a line of 8 to 12 cones down the middle of the field, placing them approximately 3-meters apart. Each set of cones creates a “goal” or “gate” for children to pass through.

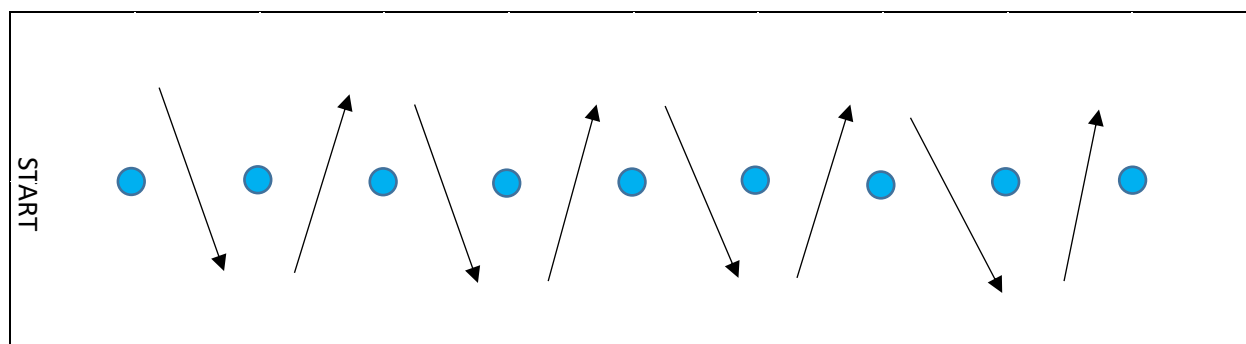
Divide the group into teams of two and give each pair a ball.

Line pairs up in the starting area. On the coach’s command, station the first pair with one child on each side of the first cone. Ask the child with the ball to pass the ball to their teammate, shooting the pass through the first goal. The other child in the pair will receive the ball and then move to pass the ball back through the next goal. The pair should continue down the maze of goals, trying to successfully pass through each goal in the line.

Once a pair makes it halfway through the maze, send the next team of two players. Continue moving through pairs until each team has the chance to go once or multiple times.

Next, increase the difficulty of the activity by introducing a speed challenge. Restart the activity and station all pairs in the starting area. Time each pair as they make their way from the start, passing the ball through all goals. Create a fun and competitive environment and encourage the other children to cheer on pairs as they make their way through the maze.

This activity focuses on speed, passing accuracy, receiving and communication.



FOOTBALL, WEEK 2: PASSING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)

Clean the Yard

Equipment: Cones; balls; whistle

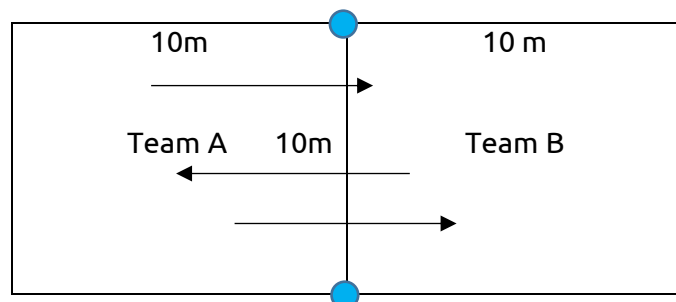
Divide a rectangular play space into two equal squares (the diagram below illustrates two 10m x 10m spaces). Use two cones to mark the middle.

Divide the group of children into two teams and station one team on each side of the middle line. Give each child a ball.

On the coach's command, each child tries to pass the ball from their own yard into the opposing team's yard. As new balls get kicked into the yard, children will have to constantly kick balls into the opposing team's yard.

After 3 to 5 minutes of play, blow the whistle to stop the game. Have each team count the number of balls in their yard. The team with the least amount of balls in their yard wins.

Coaches or volunteers should stand at the back of the field of play to help keep balls in play.



The Name Game

Equipment: Ball

Have children stand in a circle. Start by asking the children to pass the ball to one another. Before they pass the ball, they must call out the name of the person to whom they are passing.

If the children are comfortable with the activity, add additional balls.

This activity not only encourages everyone on the team to know each other's names, but also focuses on accuracy in passing.

FOOTBALL, WEEK 2: PASSING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Cool Down

Dynamic Stretching

Stretching is an important part of cooling down the body after physical activity. You can repeat the dynamic stretches you did at the beginning of the session or add new stretches, like those below, which target various muscle groups.

- **Cross Body Swings:** Stand sideways with one side facing a wall, chair or partner. Place your left hand on the wall and shift all your weight onto your left leg. Raise the right leg slightly in front and to the right of the body. Swing the leg in front and across the body towards the left foot. Swing the leg back out. Repeat and then switch to the left leg.
- **Knee Hugs:** Stand straight with feet hip-distance apart. Bend the knee and pull the right leg up, using the hands to pull the knee closer to the chest. Hold slightly then slowly drop the leg. Repeat, alternating between the left and right legs.
- **Chest Stretch:** Stand straight with feet a little more than hip-width apart, arms straight out to your sides (forming a t shape). Swing your arms forward (still parallel to the ground) so your arms cross in front of your body at the fore arm or elbow. Swing your arm back and extend past the body to open up the shoulders. Repeat.

Team Cheer

Close the practice with the team cheer that was developed during the warm up in week 1.

FOOTBALL, WEEK 3: SHOOTING

Introduction and Warm Up Activities (10 minutes)

- Dynamic Stretching
- Ball Recovery
- Body Part Dribbling

Individual Skill Development (20 minutes)

- Introduction to Shooting
- Hit the Cone

Group Activities (20 minutes)

- Pass and Strike
- Cone Kick Down

Cool Down (10 minutes)

- Dynamic Stretching
- Team Cheer

FOOTBALL, WEEK 3: SHOOTING



• **Warm Up**
(10 mins)



• **Individual Skill Development**
(20 mins)



• **Group Activities**
(20 mins)



• **Cool Down**
(10 mins)



Introduction and Warm Up Activities

Dynamic Stretching

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- **Walking Toe Touches:** Stand straight with feet a little more than hip-width apart. Step forward with your left foot and simultaneously kick your right foot up in the air, as close to a 90 degree angle as possible. Bring your hands forward to touch your toes. Continue alternating feet while crossing the field or gym.



- **Arm Swings:** Stand straight with feet a little more than hip-width apart, arms straight to your sides. Keep your arms straight and swing them forward, bringing them up to your head, with arms towards your ears. Swing back to extend your arms behind your body. Repeat to open up the flexibility in your shoulders and arms.

Ball Recovery

Equipment: Balls

Have the coach stand in the middle of the play area with the same number of balls as children in the group. Throw the balls in a variety of different directions and instruct children to bring their ball back to the coach as quickly as they can. Start simple by having them run to get the ball and carrying it back with their hands.

Then progress to having various conditions on how they retrieve the ball: with one hand, while holding the ball on their head, while dribbling with their feet, and more.

FOOTBALL, WEEK 3: SHOOTING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)

Body Part Dribbling

Equipment: Balls

Give every child a ball.

Start the activity by having children run around the play space, dribbling the ball with both feet. Encourage the children to look where they are going to ensure they do not run into each other.

Next, tell the children that when the coach call out various body parts, they need to stop running, stop the ball and then touch the ball with the various body part.

Start easy by having them touch the ball with the right foot or left foot (similar to as they would to stop the ball), and then progress to have them touch the ball with a knee, elbow, head or other body part. After having them touch the ball with a new body part, have them continue to run and dribble the ball until the coach calls a new body part.



FOOTBALL, WEEK 3: SHOOTING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Individual Skill Development

Introduction to Shooting

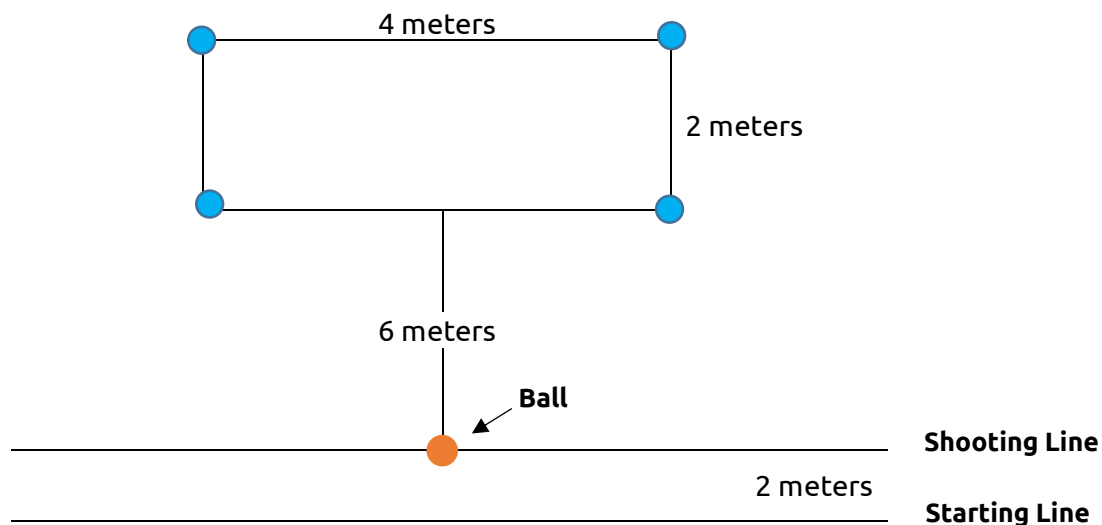
Equipment: Cones or goal; balls

Using the diagram as an example, set up a 4 meter by 2 meter goal (or use a youth-sized sport goal with a net). Approximately six meters away from the goal, mark the shooting line. Then mark a starting line two meters away from the shooting line.

Place a ball on the shooting line.

Group the children behind the starting line. Have the first child begin by coming to the start line and walking or running forward to kick the ball and shoot it into the goal. Allow each child to kick five balls to the goal. Then, move on to the next person in line.

Keep track of the number of goals children make to track progress and highlight personal best.



FOOTBALL, WEEK 3: SHOOTING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)

Hit the Cone

Equipment: Sport cones; balls

Scatter tall sport cones around a large playing area. Give each child their own ball.

Start the activity by having children run or walk around the play space, dribbling the ball with both feet. Next, tell them to find the nearest cone and kick their ball so it hits the cone.

Once they have successfully hit the first cone with the ball, have children dribble to the next cone and kick their ball. Encourage children to kick from various distances to increase difficulty. Continue until children have successfully hit all the cones on the field.

Remind children to look where they are going to ensure they do not run into each other or kick their ball into another person.

FOOTBALL, WEEK 3: SHOOTING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Group Activities

Pass and Strike

Equipment: Balls; two goals or cones

Set up the play space with two goals (or cones set up to create a goal) on opposite sides of a 30 meter by 25 meter space. Mark the middle of the area.

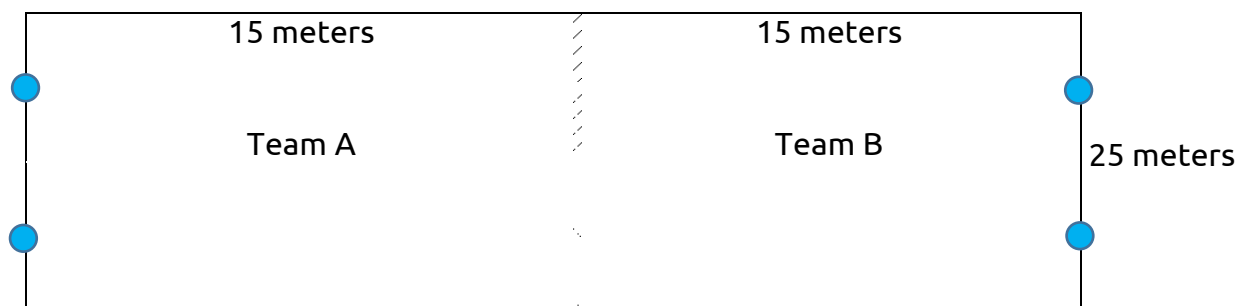
Divide the group into two equal teams.

Start by having teams practice passing and scoring on their own goal. The teams must pass to each player on the team before they can shoot on goal. Rotate amongst players on the team, so each child has the chance to practice passing and shooting.

Once players are comfortable, open the game up to the whole field.

Have one team play offense and the other team play defense. (For example, Team B is offense and will start on their side of the field, but to try and score on Team A's goal. Team A will stay on their side of the field to play defense.) The team on offense must make complete passes amongst all the team members before they can shoot on goal. If the ball is taken by the defense team, the offense must start their pass count again.

Once the offense scores a goal, switch sides.



FOOTBALL, WEEK 3: SHOOTING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)

Cone Kick Down

Equipment: Sport cones; ball

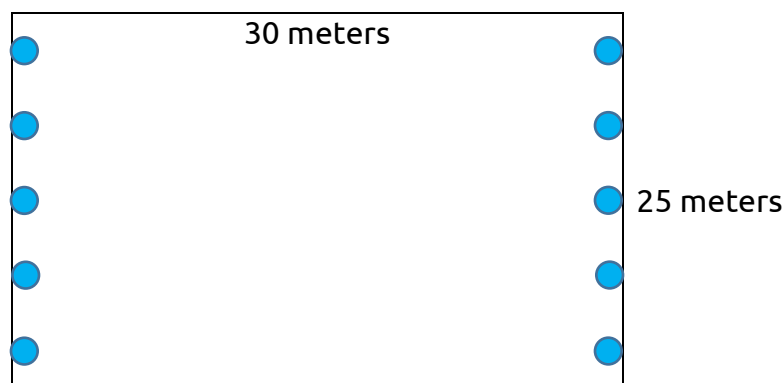
Using the field set up from “Pass and Strike,” remove the goals and set up five tall sport cones on the goal line at each end.

Divide the group into two equal teams.

Play the game like a small sided game, encouraging children to pass the ball between team members as they make their way down the field.

Instead of shooting on a goal, each team must try to knock down (or hit) all five cones on the other side of the field.

The first team to knock down (or hit) all cones wins the game.



FOOTBALL, WEEK 3: SHOOTING



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Cool Down

Dynamic Stretching

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Team Cheer

Close the practice with the team cheer that was developed during the warm up in week 1.

FOOTBALL, WEEK 4: SCRIMMAGE

Introduction and Warm Up Activities (10 minutes)

- Dynamic Stretching
- Musical Chairs

Individual Skill Development (20 minutes)

- Long Distance Passing
- Goalie Drill

Group Activities (20 minutes)

- Football Scrimmage

Cool Down (10 minutes)

- Dynamic Stretching
- Sport Reflection
- Team Cheer

FOOTBALL, WEEK 4: SCRIMMAGE



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Introduction and Warm Up Activities

Dynamic Stretching

Dynamic stretching uses the body's momentum to warm up before activity and extended the muscle's range of motion. Below are just a few examples of dynamic stretches.

- **Leg Swings:** Stand sideways with one side facing a wall, chair or partner. Place your left hand on the wall and shift all your weight onto your left leg. Swing your right leg forward and backward to stretch the thighs, hips and hamstrings. Switch to the other leg.



- **Lunge Pulses:** Slowly step forward with one foot, allowing both knees to bend. The thigh of the front leg should be parallel to the floor, while the knee of the rear leg should form a 90 degree angle. From this position, slowly pulse up and down, only moving a few centimeters at a time. Count to 15 and then switch to the other leg.

- **Walking Toe Touches:** Stand straight with feet a little more than hip-width apart. Step forward with your left foot and simultaneously kick your right foot up in the air, as close to a 90 degree angle as possible. Bring your hands forward to touch your toes. Continue alternating feet while crossing the field or gym.



- **Arm Swings:** Stand straight with feet a little more than hip-width apart, arms straight to your sides. Keep your arms straight and swing them forward, bringing them up to your head, with arms towards your ears. Swing back to extend your arms behind your body. Repeat to open up the flexibility in your shoulders and arms.

FOOTBALL, WEEK 4: SCRIMMAGE



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)

Musical Chairs

Equipment: Flat cones; balls

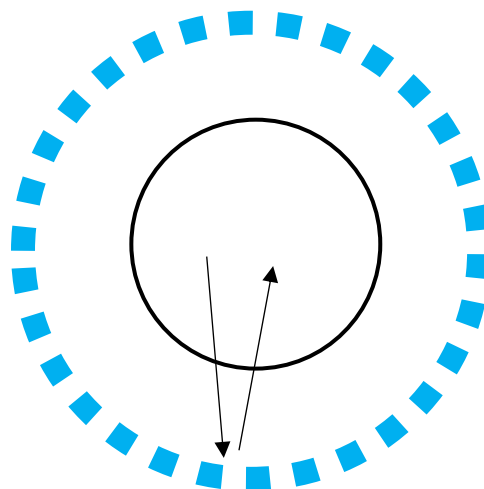
Using approximately twenty flat cones, create two concentric circles. The inner circle should be big enough for all participants to dribble the ball comfortably. The outer circle should be approximately 10 meters away from the inner circle.

Start by having all players dribble the ball inside the inner circle.

At the coach's command of "cone", have children stop dribbling, leave their ball in the inner circle, run to touch a cone in the outer circle. Then come back to their ball to start dribbling again. Repeat two to three times for the children to get comfortable.

Next, while children are running toward the outer circle, remove a ball from the inner circle. The player who doesn't get a ball on their return to the inner circle is "out" and must walk, run or jog around the outer circle through the remainder of the game.

Continue calling "cone" and removing balls from the inner circle until only one ball remains. The child who gets to the ball and begins dribbling first is the winner.



FOOTBALL, WEEK 4: SCRIMMAGE



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



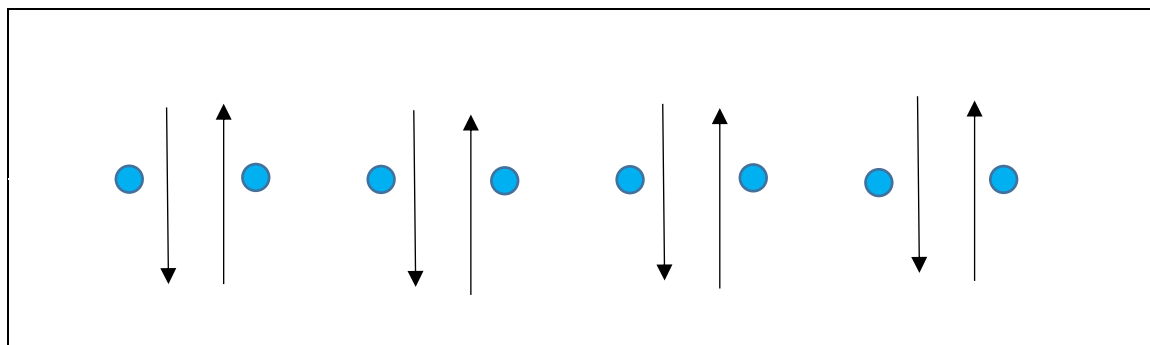
Individual Skill Development

Long Distance Passing

Equipment: Cones; balls

Set up a row of cones spaced 3 to 5 meters apart. Each set of cones creates a goal.

Pair up children into groups of two and have one child stand on each side of the goal, facing the cones and each other. Start by having children stand close to goal, approximately 1 to 2 meters away from each other, and pass the ball back and forth through the cones. At the coach's whistle, have both children take one large step backward, then continue passing the ball. Continue blowing the whistle until children are passing to each other from a far distance (6 – 8 meters).



Goalie Drill

Equipment: Cones; balls

Divide the participants into groups of two children. Give each pair one ball and two cones. Have the pair set up their cones about 3 to 5 meters apart to create a goal.

Start by having one child stand in front of the goal, serving as the goal keeper. The other child is the shooter. Instruct the child to kick a stationary ball placed a few meters in front of the goal. Then move the ball back further and have the kicker dribble the ball before shooting the ball on goal.

Take turns so both children have the opportunity to be the shooter and the goalie.

FOOTBALL, WEEK 4: SCRIMMAGE



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Group Activities

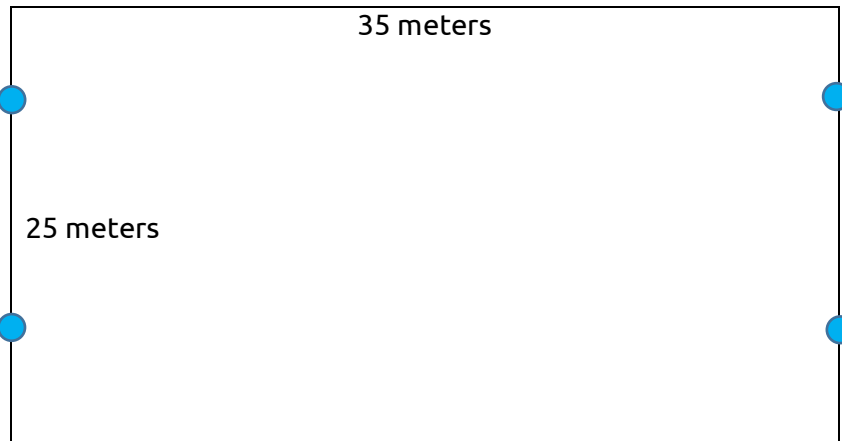
Football Scrimmage

Equipment: Cones or goals; ball; colored vests or flags

The scrimmage is a chance for the group to put into play all of the skills they have developed over the prior three weeks.

Divide the group into two teams with an even number of players. *Consider the number of children in the group. It may be necessary to break the group into four teams and run two consecutive games. For 6 and 7 year olds, the ideal set up is 4 vs 4 with no goalie. For 8 to 10 year olds, consider 5 vs 5 with no goalie.*

Set up the football pitch with cones or a goal at both ends of the pitch. Conduct the game with two- 10 minute halves. Play the match without goalies.



FOOTBALL, WEEK 4: SCRIMMAGE



•Warm Up
(10 mins)



•Individual Skill
Development
(20 mins)



•Group
Activities
(20 mins)



•Cool Down
(10 mins)



Cool Down

Dynamic Stretching

Stretching is an important part of cooling down the body after physical activity. You can repeat the dynamic stretches you did at the beginning of the session or add new stretches, like those below, which target various muscle groups.

- **Cross Body Swings:** Stand sideways with one side facing a wall, chair or partner. Place your left hand on the wall and shift all your weight onto your left leg. Raise the right leg slightly in front and to the right of the body. Swing the leg in front and across the body towards the left foot. Swing the leg back out. Repeat and then switch to the left leg.
- **Knee Hugs:** Stand straight with feet hip-distance apart. Bend the knee and pull the right leg up, using the hands to pull the knee closer to the chest. Hold slightly then slowly drop the leg. Repeat, alternating between the left and right legs.
- **Chest Stretch:** Stand straight with feet a little more than hip-width apart, arms straight out to your sides (forming a t shape). Swing your arms forward (still parallel to the ground) so your arms cross in front of your body at the fore arm or elbow. Swing your arm back and extend past the body to open up the shoulders. Repeat.

Sport Reflection

As the final session focused on football, ask children to reflect on their experience with the sport. Bring the group together in a seated circle and ask the children to share what they liked or disliked, what was easiest and what was hardest, and what was most fun.

This is a great opportunity to determine if someone in the group has a strong interest in football and may want to continue with the sport in the future.

Team Cheer

Close the practice with the team cheer that was developed during the warm up in week 1.