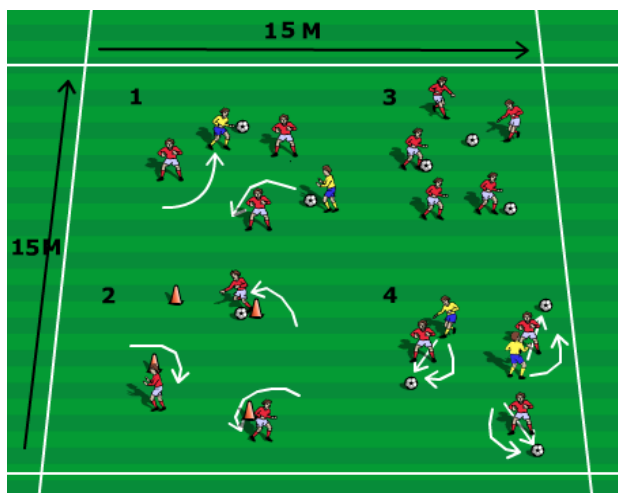


# Fundamental Stage - Week 1



## Focus – Physical Literacy Activity Name: Warm up/Coordination/Ball Familiarity

### Organization:

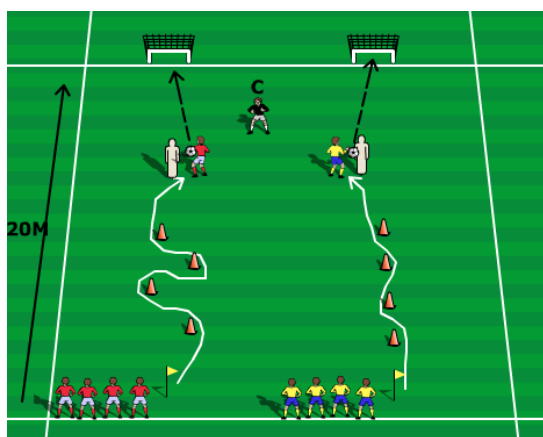
Mark a 15 x 15 m square. The size may vary according to numbers. Players form pairs and find some space inside the square with one ball between two. One player in each pair starts with the ball, while the other rests. Players trade places on the coach's command.

The activity begins with the first player in each pair moving the soccer ball around the playing area using his/her feet and reacting to the coach's commands:

1. Guide the ball with your feet as you weave in and out of the resting players.
2. As above but on the coach's signal run to the nearest cone and take the ball in a circle around it using the inside of your foot. Keep alternating from right foot to left foot.
3. "change", players stop the ball, leave it and quickly go and get another's ball and continue dribbling around the area.
4. "legs", players try to pass the ball through the legs of as many resting partners as they can before the coach says stop (Coach ask all resting players to stand with their feet apart).

### Emphasis

- Lots of touches on the ball
- Working in pairs
- Dribbling
- Having Fun!



## Focus – Ball Familiarity Activity Name – Dribbling to shoot

### Organization:

Divide players into two teams. Players dribble through the cones and when they get to the manikin/cone, players take a touch with the outside of the foot and strike at the empty goal. Players retrieve their ball and the next player goes. Players are encouraged to use left and right foot to strike at goal. Player encourage d to use different types of finishing i.e., laces, side of foot. Coach can keep score on success of each team.

### Emphasis

- Dribbling inside and outside of the foot
- Preparing to shoot
- Shooting at a goal
- Goal Celebrations

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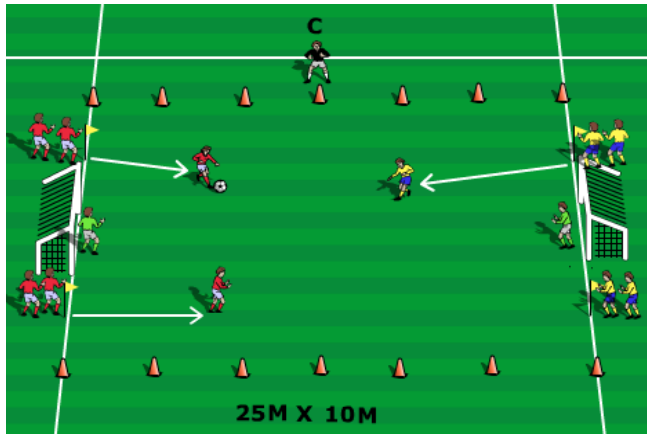


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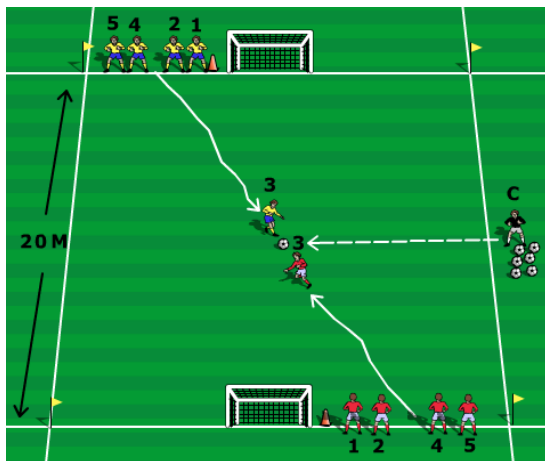


**Focus – Small Sided Game**  
**Name of Game – 2 v 1**

Organization: Divide the players into two groups and put them in two different colored pinnis. Teams send two players to attack one defender. Game can be played with or without goalkeepers. Once one team has attacked the roles change and the other team gets to attack the goal. As players progress game can be played 2 v 2.

**Emphasis**

- Dribbling towards goal
- Decision when to pass when to shoot
- Angle of support
- Shooting at goal
- Rebounds



**Focus – Small Sided Game**  
**Name of Game – Numbers Game with two goals.**

Set up a small grid, depending on number of players. Separate players/parents into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. The player called from each team enters into the field to challenge for the ball. The coach sends the ball in and players try to score on opposing side while defending their own side. Goalkeepers can be added to the game. Coach can call out more than one number to make 2 v 2 and 3 v 3 situations



**Emphasis**

- Dribbling towards goal
- Beating a defender
- Basic defending
- Shooting at goal
- Rebounds

## Fundamental Stage - Week 2



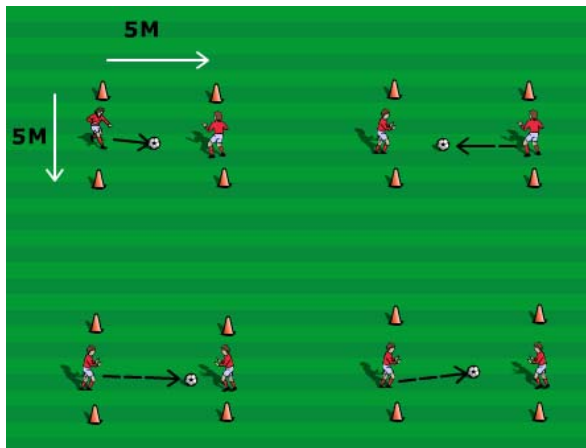
### Focus - Physical Literacy Activity Name: Donkey Tails

#### Introduction

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

#### Emphasis

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



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

#### Introduction

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

#### Emphasis

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



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

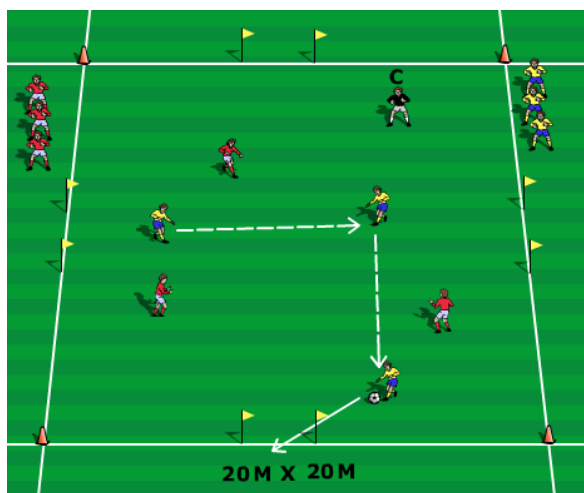
**Organization**

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



**Emphasis**

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



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

**Organization**

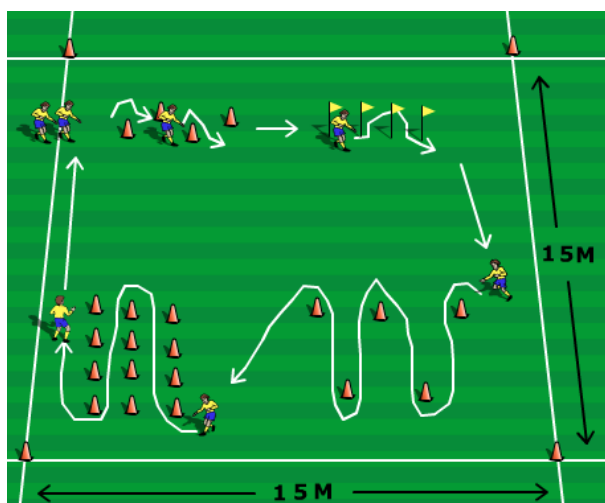
Set up a 20m x 20m grid with 4 goals in the middle of each side. Select two teams consisting of equal numbers. Call out 2 or 3 players from each team to run onto the field and play against each other and try and score in any one of the four goals until the coach says stop. At which time both groups return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

**Emphasis**

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



## Fundamental Stage - Week 3



**Emphasis**

- Basic movements
- Changing direction
- Balance, co-ordination
- Having Fun!

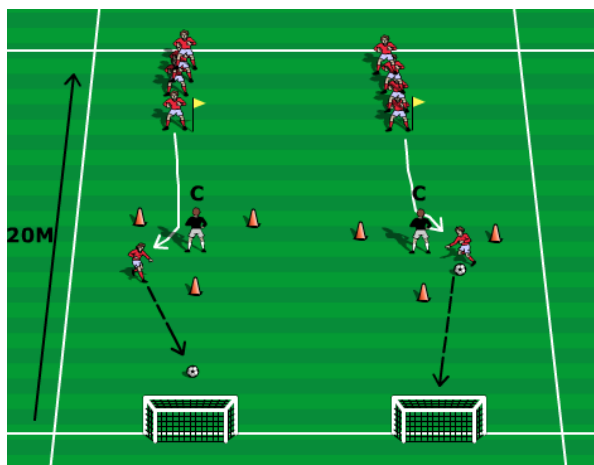
**Focus – Physical Literacy**  
**Activity Name: Obstacle Course**

**Organization**

Set up an obstacle course inside a designated area. The children start at the first station and move in a clockwise direction around the course carrying out the exercises shown below.

**Variations**

1. Hops (1 footed & 2 footed)
2. Jumps
3. Running backwards
4. Sideways shuffles
5. Introduce a ball at some stations



**Emphasis**

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

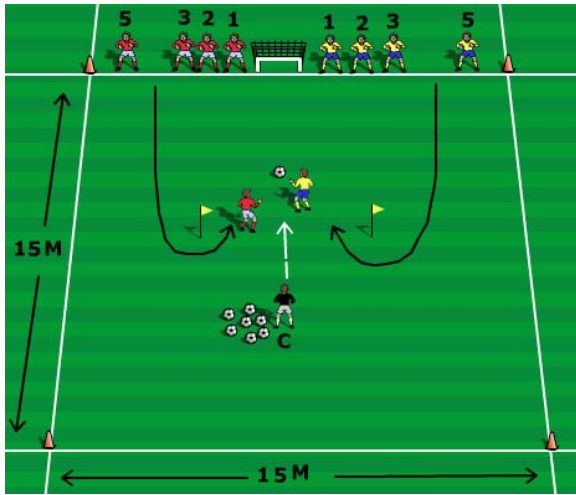
**Focus – Ball Literacy**  
**Activity Name: Shoot and score**

**Organization**

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

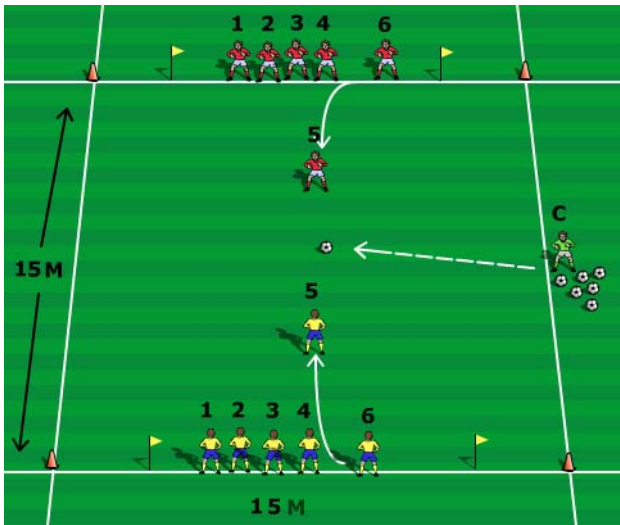
1. Player throws ball to the coach. Coach places ball to his left or right. Player strikes the ball into the empty goal.
2. Coach now places ball in front. Player takes a touch past the coach with the outside of foot passed the coach and strikes the ball into the empty net.
3. Player dribbles towards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





**Focus – Small Sided Game**  
**Name of Game: Numbers Games with one net**  
**Organization**  
 Set up a small grid, depending on number of players. Separate players into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player on each team must race around the cones into the field where a ball is placed. Players are trying to both defend and score on the same net. Encourage celebrations after a goal! Progress to 2 or 3 players. Add a goalkeeper

- Emphasis**
- Running/changing direction
  - Playing with Targets
  - Running with the Ball
  - Shooting

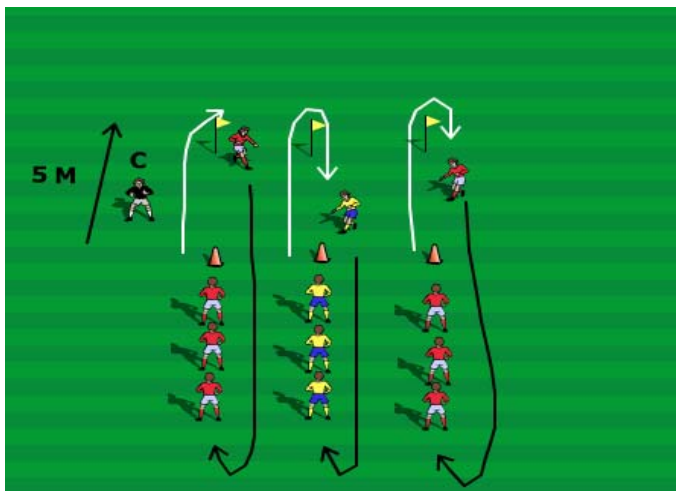


**Focus – Small sided Game**  
**Name of Game – Chain Soccer**  
**Organization**  
 Set up a small grid, depending on number of players. Separate players into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. That numbered player/parent combo from each team enters into the field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

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



# Fundamental Stage - Week 4



**Focus – Physical Literacy**  
**Name of Game - Relay's**

**Organization**

Players are divided into three teams.

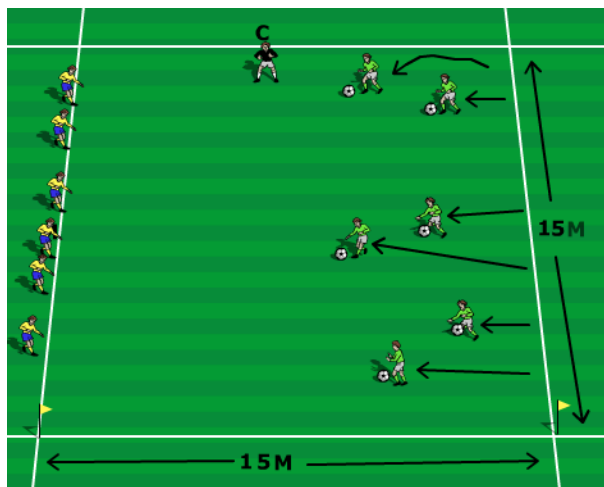
On coaches command first player in each line runs around the flag and returns to team. The next player can go when their team mate, upon return gives them a high five. When all players have completed the course the team sits down.

Repeat using different modes of movement, hopping jumping skipping etc.

Make course interesting and fun. Get Creative!

**Emphasis**

- Basic movement
- Changing direction
- Team work & fun!



**Focus – Ball Literacy**  
**Name of Game – Turn & Burn**

**Organization**

Divide players into two teams – put them in different colored pinnis One team starts on one end of the grid with a ball each. Objective is for players with the ball to dribble towards the players without, who remain stationary. The coach shouts “Turn” and the players with the ball stop, turn and try to dribble back to their starting line. When the players without the ball here the coach shout “Turn” he players without the ball can release and try and steal the balls of the apposing team before they get back over the safe line. Take turns having both teams being attackers/defenders. Do not eliminate players who lose their ball. Let them have another go.

Variations: Introduce specific turns: big toe turn, little toe turn, pull back, etc.

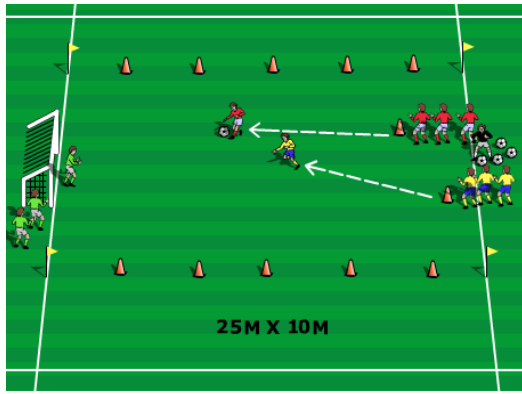
**Emphasis**

- Dribbling
- Turning
- Change in direction
- Running with the ball



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### Emphasis

- Attacking the goal
- Shooting/finishing
- Goal Celebrations!



### Focus Shooting Activity Name: 1v1 to Goal – Player behind

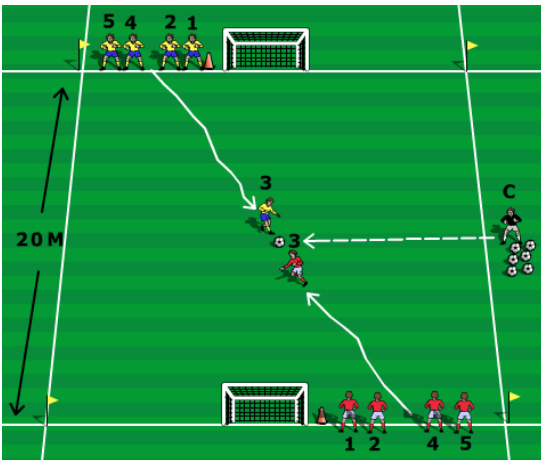
#### Organization

Start with two lines; (Attackers & Defenders) with the attackers slightly ahead of the defenders. The attackers start to dribble with the ball towards goal. Once the attacker is an appropriate distance away, the coach tells the defender to go and put pressure on the attacking player from behind. If defending player wins the ball they try and pass it back to the coach.

Coaches: Allow for offensive success at first and be mindful of the different physical and technical abilities of the players when deciding when to release the defender. Game can be played with or without goalkeeper.

### Focus – Small Sided Game Name of Game – Numbers Game with two goals.

Set up a small grid, depending on number of players. Separate players/parents into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. The player called from each team enters into the field to challenge for the ball. The coach sends the ball in and players try to score on opposing side while defending their own side. Goalkeepers can be added to the game. Coach can call out more than one number to make 2 v 2 and 3 v 3 situations



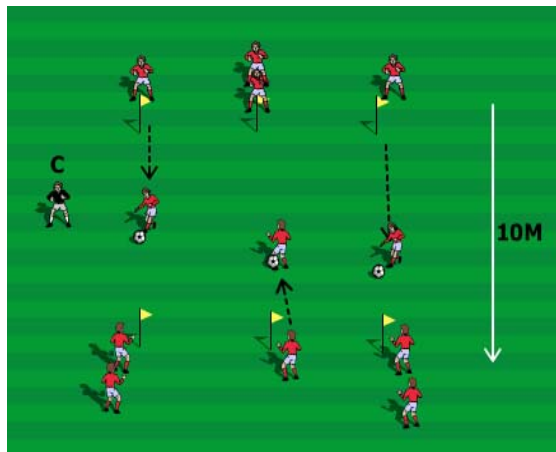
### Emphasis

- 1v1, 2v2, 3v3
- Team work
- Let them play
- Goal Celebrations!
- Having Fun!





## Fundamental Stage - Week 5



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

### Organization

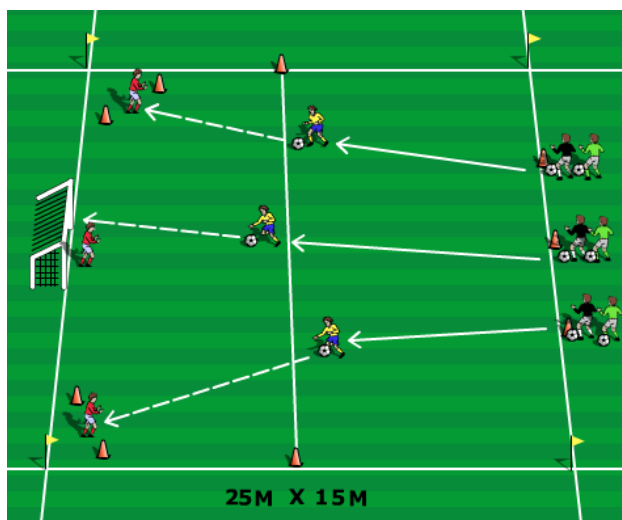
Players are divided into three teams. Players run with the ball between the flags continuously. When the player reaches the flag the next player can go.

### Alternatives

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

### Emphasis

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



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

### Organization

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

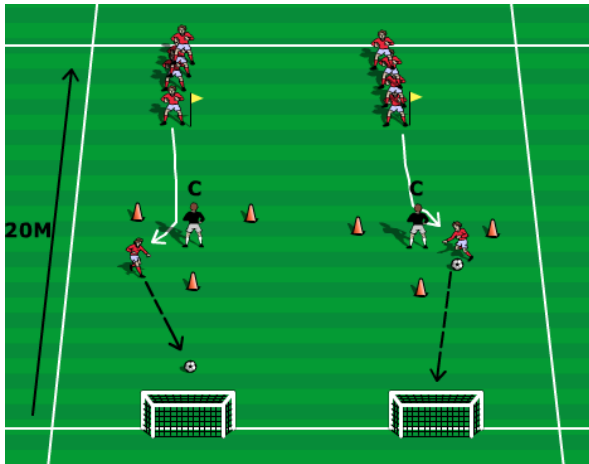
### Emphasis

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



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**Emphasis**

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

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

**Organization**

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

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



**Emphasis**

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

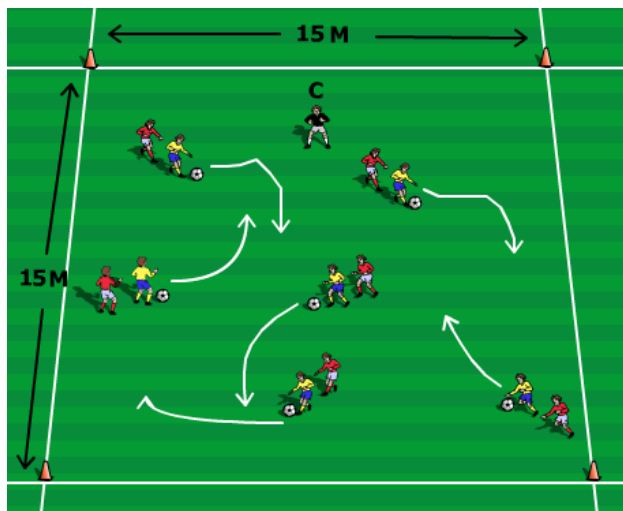
**Focus – Small sided Game**  
**Name of Game – Chain Soccer**

**Organization**

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



## Fundamental Stage - Week 6



### Emphasis

- Dribbling
- Changing Direction
- Having Fun!

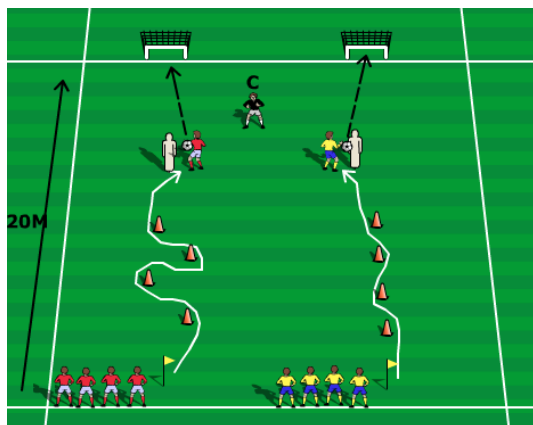
**Focus: Physical/Ball Literacy**  
**Activity Name: Follow the leader**

### Introduction

Activity starts with players getting into pairs with 1 ball. Player with the ball leads while the player without the ball follows. Players should try and dribble into space keeping the ball close to them and under control. Encourage changes of directions. Have players switch roles.

### Variations:

- a. Have player without the ball lead and player with the ball follow
- b. Play a game of tag with one player on the ball and the other without.
- c. Play a game of keep away between the players



### Emphasis

- Dribbling using inside and outside of foot
- Preparing to shoot
- Shooting on goal

**Focus: Ball Literacy**  
**Activity Name: Dribble to Shoot**

### Introduction

Divide players into two teams. Players dribble through the cones and when they get to the manikin/cone, players take a touch with the outside of the foot and strike at the empty goal. Players retrieve their ball and the next player goes. Players are encouraged to use left and right foot to strike at goal. Player encouraged to use different types of finishing i.e., laces, side of foot. Coach can keep score on success of each team.

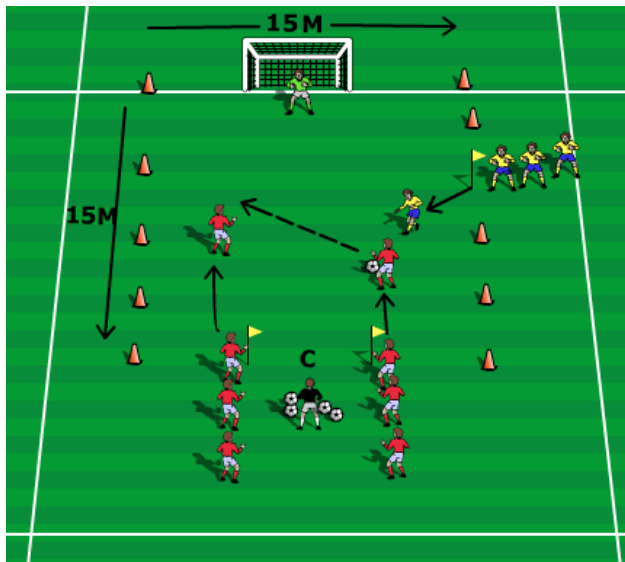
### Variations:

1. Player try different 1 v 1 moves to get by the target
2. Add a goalkeeper



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**Focus: Ball Literacy**  
**Activity Name: 2 v 1 Attack**

**Introduction**

Players are divided into two teams. One team acts as defending team. Coach plays ball to the attacking team who have two players who attack the goal and try and score. If defending team wins the ball, player passes the ball to the coach.

**Variations:**

1. Game can be played with or without goalkeepers.
2. Defending team can add a player to make it a 2 v 2 game

**Emphasis**

- Dribbling
- Decision making
- Basic support play
- Passing
- Shooting/Finishing



**Focus: Small Sided Game**  
**Activity Name: 3 v 3 game**

**Introduction**

Divide players into two teams. Put the teams in two different pinnis. Players play in a regular 3 v 3 game. Coach can have two games going at the same time, or have one game with subs dependant on numbers. Coach plays the ball in when the ball goes out of play.

**Variations**

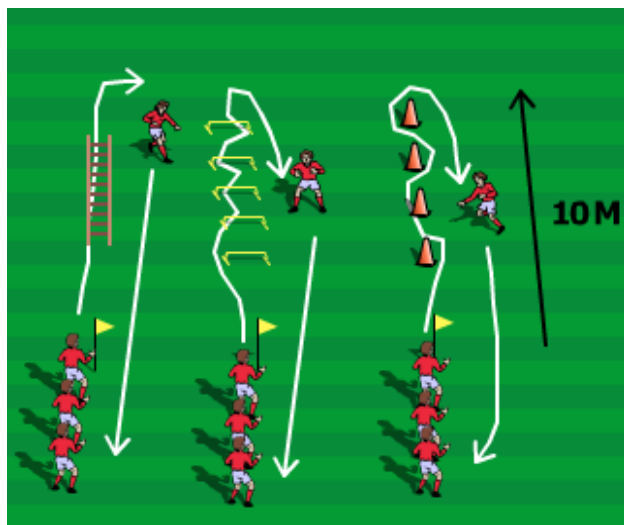
1. Kick in at the point when the ball goes out
2. Add goalkeepers

**Emphasis**

- Direction
- Let the players play
- Basic Shape/Support



## Fundamental Stage - Week 7



### Focus – Physical Literacy Activity Name: Obstacle Course

#### Organization

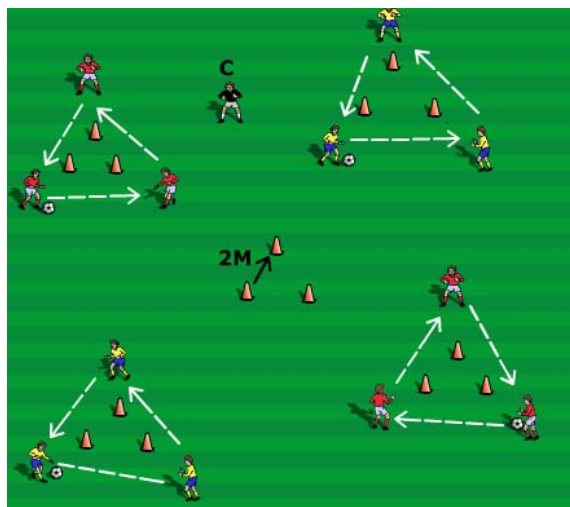
Players are divided into three teams. Each team goes to a different flag and stands in line. On coaches command players run through the different challenges, ladders, hurdles and flags and returns to their team. Once a team mate has completed the challenge the next player can go. When all teams have gone through their obstacle the teams switch and go to a new flag.

#### Variations:

1. Players hop through each obstacle
2. Players jump through each obstacle
3. Be creative and make up your own patterns

### Emphasis

- Running
- Jumping
- Twisting



### Focus – Ball Literacy Activity Name: Passing Triangles

#### Organization

Separate players into groups of 3. Have each group around a triangle of cones. Start off with each player having a ball. Have them perform toe taps, shuffles or ball rolls. On coaches command they all shift one spot to the right and recommence the actions.

#### Variations

- a. Switch directions and go left.
- b. Have the players take their ball with them when switching spots.
- c. Have them pass a ball around the triangles. Time them and see how passes they can complete as a group.

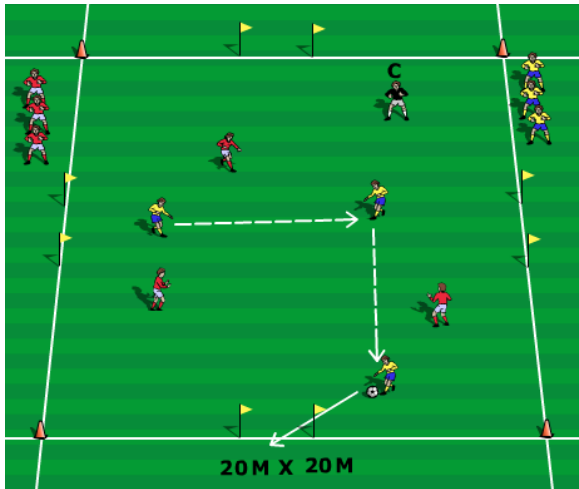
### Emphasis

- Passing
- Receiving with furthest foot
- Looking up to pass



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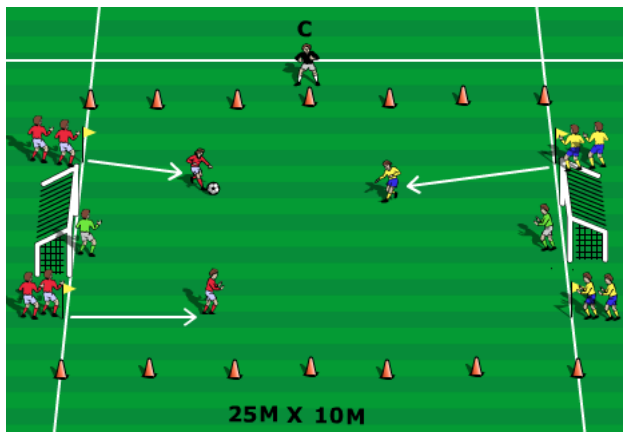
**Focus – Small Sided Game**  
**Name of Game: Four Goal Game**

**Organization**

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

**Emphasis**

- Passing with a purpose
- Teamwork
- Finding Space



**Focus: Small Sided Game**  
**Activity Name: 2 v 1 2 v 2 – Two Goals**

**Introduction**

Divide players into two teams. Put the teams in two different pinnis. Goalkeeper roles the ball out to one of two players and those players attack the opposite goal. One defender comes in from the opposite side and try’s to win the ball. If the defending team touches the ball or the goalkeeper gets the ball that team can add a second player and the game becomes 2 v 2

**Variations**

1. Game can become a 2 v 2 from the start
2. Coach can serve the balls in

**Emphasis**

- Dribbling
- Decision making
- Basic support play
- Passing
- Shooting/Finishing



## Fundamental Stage - Week 8

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

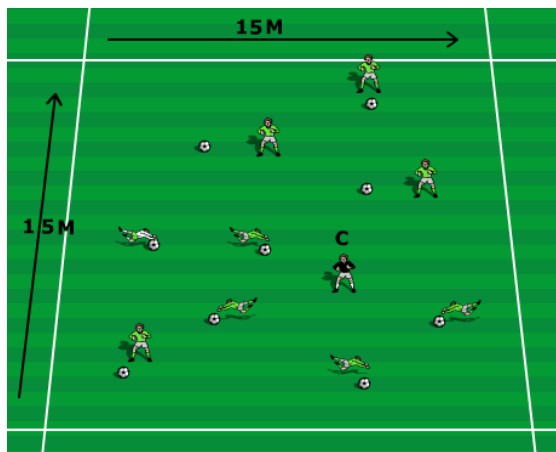
#### Introduction

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



#### **Emphasis**

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



#### **Emphasis**

- Ready position, palms faced outwards, weight forward, on toes
- Diving on the ball
- Hands on to and behind the ball.

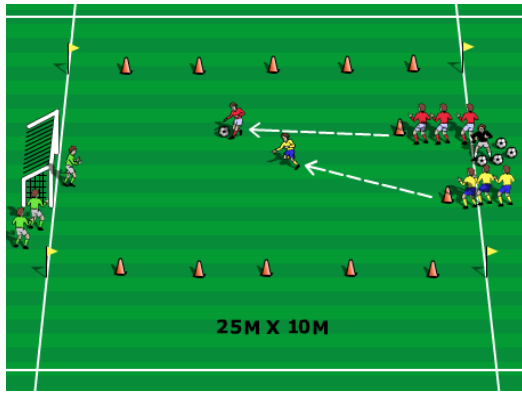
### Focus – Goalkeeping Activity Name: Ready position and basic diving

#### Introduction

All the players find a space in the grid. Each player has a ball. Players place the ball to their left or right and kneel next to the ball. On coaches command players dive on the ball. Players then switch sides. When players get comfortable diving from the knee's they can start from the standing position.

#### **Variations**

1. Players run around and when coach shouts "dive" players dive on the nearest ball
2. Players can attempt different types of diving, Sideways, forwards etc



**Emphasis**

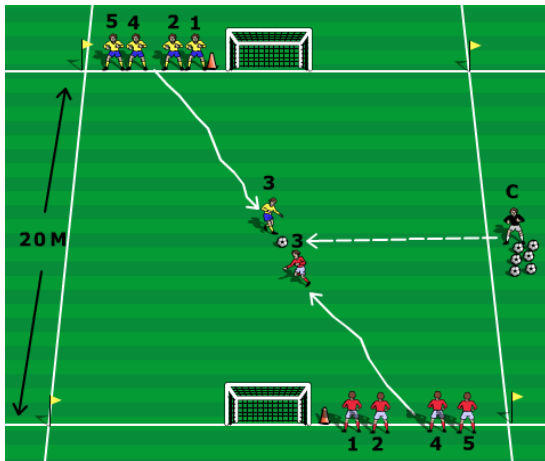
- Attacking the goal
- Shooting/finishing
- Goal Celebrations!

**Focus Shooting**  
**Activity Name: 1v1 to Goal – Player behind**

**Organization**

Start with two lines; (Attackers & Defenders) with the attackers slightly ahead of the defenders. The attackers start to dribble with the ball towards goal. Once the attacker is an appropriate distance away, the coach tells the defender to go and put pressure on the attacking player from behind. If defending player wins the ball they try and pass it back to the coach.

Coaches: Allow for offensive success at first and be mindful of the different physical and technical abilities of the players when deciding when to release the defender. Game can be played with or without goalkeeper.



**Emphasis**

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

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

**Organization**

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

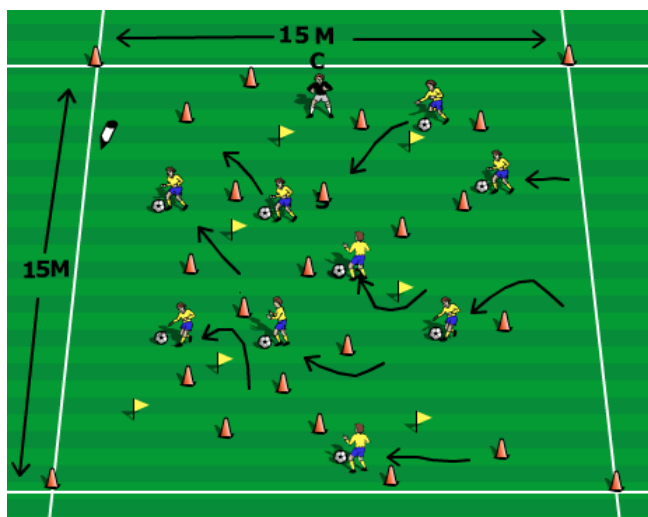
**Variations**

Add goalkeepers to the game





## Fundamental Stage - Week 9



### Focus - Ball Literacy Name of Game: Obstacle Course

#### Organization

Set up a 15m x 15m grid. Scatter cones around grid as obstacles. Other items such as rings, hurdles or larger cones can be used as different challenges. Ask players to dribble around trying to avoid the obstacles. As they become comfortable with it increase the speed.

#### Alternatives

Ask the players to make circles around the cones. Give them a time limit (e.g. 30 seconds) to see how many circles they can achieve. Vary it by asking them to use inside of foot, outside of foot, non-preferred foot.

### Emphasis

- Ball literacy
- Dribbling
- Having Fun!



### Focus – Ball Literacy Name of Game – Four houses game

#### Organization

Set up 4 outer houses and central with in the middle with all the balls, as shown. Split the team into 4 groups. Have 1 player from each house leave and retrieve one ball at a time from the middle and dribble it back to their house. The next player can then leave to do the same. Continue until all the balls from the middle have been retrieved. Count the balls to see which house collected the most.

#### Alternatives

- Start by using hands to bring the balls back.
- Dribble ball back using both feet, left and right only.
- Allow for players to take balls from other houses as well as the middle.

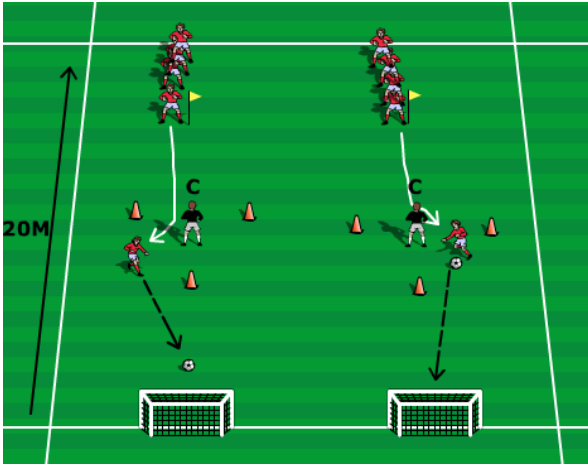
### Emphasis

- Listening
- Physical/Ball Literacy
- Having Fun



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

**Organization**

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

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

**Emphasis**

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



**Focus: Small Sided Game**  
**Activity Name: 3 v 3 game**

**Introduction**

Divide players into two teams. Put the teams in two different pinnis. Players play in a regular 3 v 3 game. Coach can have two games going at the same time, or have one game with subs dependant on numbers. Coach plays the ball in when the ball goes out of play.

**Variations**

- 1 Kick in at the point when the ball goes out
- 2 Add goalkeepers

**Emphasis**

- Direction
- Let the players play
- Basic Shape/Support
- Shooting/finishing



# Fundamental Stage - Week 10



## Emphasis

- Keep Ball close
- Dribbling
- Having Fun



## Focus – Ball Literacy Name of Game - King/Queen of the Ring

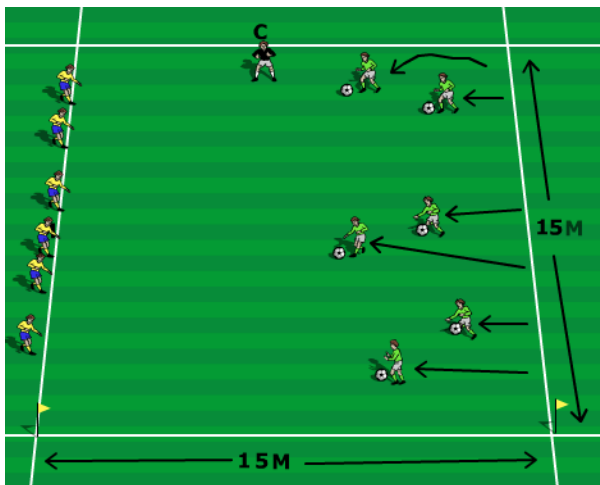
### Organization

Players have a ball each. Players must keep ball within a defined area  
Players are encouraged to kick other balls out of area

When a player gets their ball kick out of the grid, they must leave the grid and practice a skill (3 juggles, toe taps etc) and then they are allowed to return to grid.

### Alternatives

Progress to last man standing (King/Queen of the ring). When a player gets their ball knocked out of the square they are now “out” and are not allowed to return to the grid. They remain outside the grid cheering for their teammates. Continue this until everybody is knocked out and there is only one player left. This player becomes the King/Queen of the Ring.



## Emphasis

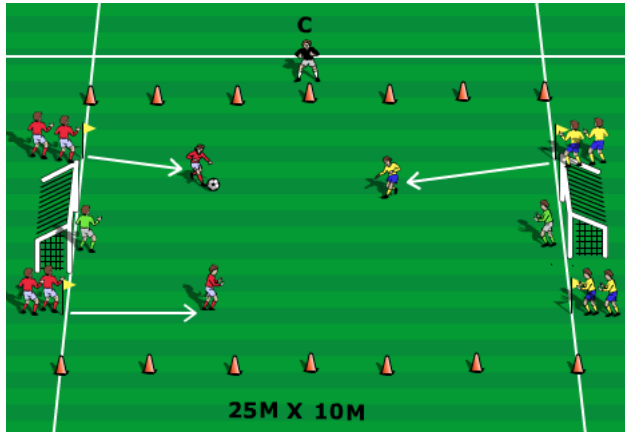
- Dribbling
- Turning
- Change in direction
- Running with the ball

## Focus – Ball Literacy Name of Game – Turn & Burn

### Organization

Divide players into two teams – put them in different colored pinnis One team starts on one end of the grid with a ball each. Objective is for players with the ball to dribble towards the players without, who remain stationary. The coach shouts “Turn” and the players with the ball stop, turn and try to dribble back to their starting line. When the players without the ball here the coach shout “Turn” he players without the ball can release and try and steal the balls of the apposing team before they get back over the safe line. Take turns having both teams being attackers/defenders. Do not eliminate players who lose their ball. Let them have another go.

Variations: Introduce specific turns: big toe turn, little toe turn, pull back, etc.



**Emphasis**  
 Dribbling  
 Decision making  
 Basic support play  
 Passing  
 Shooting/Finishing

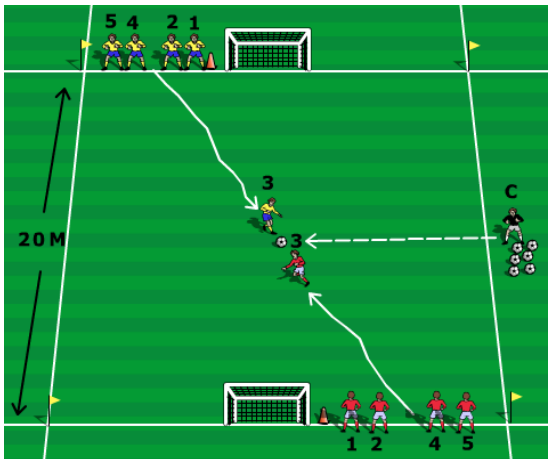
**Focus: Small Sided Game**  
**Activity Name: 2 v 1 2 v 2 – Two Goals**

**Introduction**

Divide players into two teams. Put the teams in two different pinnis. Goalkeeper roles the ball out to one of two players and those players attack the opposite goal. One defender comes in from the opposite side and try's to win the ball. If the defending team touches the ball or the goalkeeper gets the ball that team can add a second player and the game becomes 2 v 2

**Variations**

3. Game can become a 2 v 2 from the start
4. Coach can serve the balls in



**Emphasis**

- 1v1, 2v2, 3v3
- Let them play
- Goal Celebrations!
- Having Fun!

**Focus – Small Sided Game**  
**Name of Game – Numbers Game with two goals.**

Set up a small grid, depending on number of players. Separate players/parents into 2 teams as shown below. Number players 1,2,3,4,5 etc. Call out a number. The player called from each team enters into the field to challenge for the ball. The coach sends the ball in and players try to score on opposing side while defending their own side. Goalkeepers can be added to the game. Coach can call out more than one number to make 2 v 2 and 3 v 3 situations

