



Primary Schools 6 week programme of Football Development

Week 1

Ball Familiarity:

- One ball each if possible. Dribbling around the pitch using close control.
- Encourage the use of the 6 parts of the foot (Inside, outside, toe, heel, sole & laces).
- Encourage the players to use both feet & to keep their heads up from looking at the football constantly.
- As the balls are dribbled around the pitch the coach calls out a part of the foot & either left or right i.e. "Inside left" meaning the ball must be dribbled with the inside of the left foot only. For the sole both feet are used all the time but "forward", "backward" or "sideways" is called. When the ball is kicked with the heel the player must turn around to retrieve the ball not walk backwards & "backwards" or "Sideways" is called.
- The session ends with mini matches encouraging the players to use what they learned in the session.

Week 2

Dribbling:

One ball each. Dribble around the pitch using close control. Encourage the players to use the 6 parts of the foot from the previous weeks session.

- Introduce Step over, Double step over (Scissors) & Double touch techniques, using discs spread out on the pitch as opponents.

- Progress into a fun game i.e. Stuck in the mud or Pirates of the Caribbean to encourage the use of the new techniques to get away from other players.
- The session ends with mini matches encouraging the players to use what they learned in the session.

Week 3

Turning: One ball each. Dribble around the pitch using close control. Remind the players of the previous weeks skills learned & encourage them to use those skills.

- Gradually introduce the turning techniques Inside hook, Outside hook, Drag back, Stop turn & the Cruyff turn.
- Progress onto using the other players as opponents to turn away from using the techniques.
- Progress into a fun game i.e. Pirates of the Caribbean or Bulldog to encourage the use of the turning techniques to get away from other player
- The session ends with mini matches encouraging the players to use what they learned in the session.

Week 4

Passing:

- One ball between two (three depending on numbers). Encourage the players, 8 steps apart from each other to pass the ball between two discs or "Gates".
- Encourage the players to use the Inside of both of their foot to pass & control the ball. Advising the children to keep their non kicking foot beside the ball, not in front or behind to minimise scooping the ball up or kicking the ground, toes of the non kicking foot pointing the direction of which they want the pass to travel.
- Progress onto the players in mini teams passing the ball to hit/knock over pointed cones as targets ten steps away.
- This can be used as a competition to end the session or mini matches as with previous weeks.

Week 5

Shooting & Goalkeeping:

- Arrange the players into two teams stood at a distance six to ten steps away from the goal. .
- i. One team will be the goalkeepers the other team being Strikers. Give each player a number so that each team has a number 1, 2, 3 etc.
- ii. On the players number being called out, that player runs out onto the pitch. The Goalkeeper runs around a disc close to their team & into the goal ready to try to save the shot, the Striker runs out & around a different coloured disc further away from their team & collects a ball from the coach.
- iii. The striker then takes a maximum of two touches then shoots at the goal.
- iv. After all the numbers have been called the teams switch side so then become the opposite team i.e. Strikers become Goalkeepers.
- All players are encouraged to use the laces part of their foot for shooting with & use their hands to stop/save the ball when in goal.
- Encourage the strikers to aim for the corners of the goal, as near to the posts as possible.
- The session ends with mini matches encouraging the players to use what they learned in the session.

Week 6

Mini matches:

- All the players are arranged into four teams. Six teams depending on group size & available area for pitches.
- Each player is given a number, 1 - 5 for example, for their turn as Goalkeeper. The numbers are called out throughout the games so no one person is in goal for all the game time.
- The players are given specific rules for mini matches. i.e.

- i. Goalkeepers must roll the ball out no kicking the ball out
- ii. Kick ins are to be taken along the ground instead of a throw in.
- The players are encouraged to use all the skills & techniques learned from the previous weeks.
- If the coach sees a player use a skill from the previous weeks performed well an extra goal can be give to that players team or a class reward i.e. spots/stars as an incentive.