

Nursery Activities

Warm - ups

Warm-up 1

(5 minutes)

Bulldog

Mark out an area of 20 metre squared with cones. Choose one player to be on. All other players stand on the end line of the square. They must attempt to run to the far line of the square without being caught. If they are caught they must help the catcher. To start the game the catcher calls one player to run, all other players remain on the line. The player can decide to run themselves or they can also call 'open gates' whereby everyone must run at the same time. When the players get to the far line they remain there and wait for the next call. The last player to be caught is the winner.

Warm-up 2

(5 minutes)

Stuck in the mud

Divide the group into 2 teams. One team are the taggers and they must try to catch the other players. If a player is caught they must stand still with their legs apart. They can be freed by a player on their team if the free player travels through their legs. Reverse the roles of the teams when all the players are caught or after 4 minutes.

Warm-up 3

(5 minutes)

Ship, Deck, Shore

Mark out three areas on the pitch with cones and assign a name to each area i.e. area 1 is the ship, area 2 is the deck and area 3 is the shore. To start the game the coach shouts the name of one of the areas and players must run to that area. The last person to make it to the area is out of the game and must sit out and wait for the next game. The game continues until there is one winner left.

Please see other warm up activities attached

Stations

1. Finding Space/Agility
2. Zig-zag Running
3. Running & Co-ordination
4. Ball Familiarisation & Bouncing
5. Catching & Ball Handling
6. The Punt Kick
7. "No Man's Land"
8. The Pick Up
9. The Dribble
10. 5 v 5 Possession Games

Stations (Fundamentals without the football)

Fundamentals – It is important to work on our players fundamental skills from a young age in order to develop their balance coordination and agility. By doing this our players, in future years, should adapt and pick up new skills easier. The fundamentals skills to be looked at are running, dodging, swerving, stopping, falling, jumping, jogging etc.

STATION 1 FINDING SPACE/AGILITY (10 minutes)

Mark out an area of domes spaced out randomly. Players must dodge in and out of the domes without touching them. To make it more difficult get them to keep their heads up and they cannot follow anyone.

- Explore other ways of travelling e.g. skip, hop, jump etc.
- Jog sideways (their shoulder leads)
- Jog backwards (their back leads, look over your shoulder)
- Divide group into 2 groups (One group go to a space and remain stationary, The other group uses this group as obstacles to dodge in and out of.)
- Add ball to challenge further

STATION 2 RUNNING (10 minutes)

Zig-zag run/relay

Set up 5/6 cones in a zig, zag formation.

Small groups of 4-6 children.

Get the children to run around the outside of the cones (to encourage the dodging skill (ie. Sidestep) and sprint back up the middle.

Can be ran over a given number of goes for each team member.

Rules for relays

Give groups the name of a County

Teams are encouraged to give vocal support

Each child must finish behind home cone on their hunkers

Lines must be kept straight at all time

STATION 3 RUNNING & CO-ORDINATION (10 minutes)

Stopping

Run and stop quickly on command. Stopping quickly is a key fundamental skill and must be taught like any skill.

Progression

Players work in pairs number 1 + 2. Number 1's move around square changing pathways – stop quickly and starting at coaches command. Number 2 follows their movements. Change roles after a period of time.

Statues

Get the children to run around a grid on a signal they must hold a still position for a few seconds before moving on.

Numbers

Children move around the designated space and when the coach calls a number e.g. '3' they form groups of 'three' as quickly as possible.

Shapes

The children jog around the designated area. On the coaches call, they make different shapes e.g. 'triangle (they get into 3's in the shape of a triangle), 'square' (they get into 4' in the shape of a square).

Key points

Safety: Be aware of others around you.

Use your front foot as a 'brake' to stop your body by bending your knee.

Stations (Fundamentals with the football)

STATION 4 **BALL FAMILIARISATION & BOUNCING** (10 minutes)

Circle Body

Using both hands roll the ball around the waist, hand the ball to partner and repeat.

Progression

Roll ball around knees, ankles etc

Figure of 8 between legs

Circle body on the move (while walking, jogging).

Competition:

How many times can you circle the body in a minute.

Bounce Relay Race

Divide class into groups of 4-5 with one ball per group.

Teams line up in single file about 10m away from marker.

Each child must bounce the ball once on the way out, at the marker, and once on the way back and hand ball to next in line.

Non-Preferred hand bounce relay

Same as above but players must bounce the ball with their non-preferred hand.

Hand dribble relay race

Same formation as above. Each player in turn dribbles (pushes) the ball with one hand out and around the marker and back.

Non-Preferred hand dribble relay

Same formation as above except the players must use the other hand to dribble the ball.

STATION 5 CATCHING & BALL HANDLING
(10 minutes)

1.Explain skill and why it is used. 2. Give 3-4 key teaching points. 3. Demonstrate skill. 4. Ball between 2 to practice skill.

The chest catch (Teaching points)

1. Keep eyes on the ball.
2. Arms held out with elbows close together.
3. Catch the ball in the arms.
4. Pull the ball into chest to protect the ball.

Bounce to partner and catch

Stand facing your partner, bounce the ball in the centre so that it travels to your partner to catch. Move further apart as you improve.

Throw and catch standing

Stand three to four metres from your partner and throw the ball to him with an under-arm/over-head action. Partner catches and repeats.

Progression

1. Throw, Clap and catch
Throw ball up, clap hands and catch. Repeat 10 times.
2. Use one hand – Throw ball up with one hand, catch with the other.
3. Throw while walking and catch.
4. Add some competition, how many catches can you complete in 30 seconds with your partner?

Skill Drill - Tunnel Relay

Teams of 5 players/one ball.

Line up in single file approx 1m apart.

Players stand with feet apart and pass the ball back along through their legs. When number 5 receives the ball he moves to the front of the line and bounces the ball on the way there.

Game continues until players revert to original positions.

Variation:

Ball passed overhead, around, sideways.

Skill Drill - Piggy in the middle

Divide the players into groups of four. One player is the piggy in the middle. The other three players form a triangle around the player in the middle. The players must throw the ball to each other at chest height avoiding the piggy. The piggy must try to intercept the ball. Change the player in the middle after 30 seconds or 1 minute.

STATION 6 THE PUNT KICK

(10 minutes)

1. Explain skill and why it is used. 2. Give 3-4 key teaching points. 3. Demonstrate skill.

The punt kick – teaching points

1. Eyes on the ball.
2. Hold ball out in the right hand.
3. Take step forward with left leg.
4. “Drop” the ball onto right foot.
5. Kick with the instep (laced part) of the boot.
6. Follow through in the direction of the target.

Ball between 2 to practice skill (punt kick to partner and catch).

Add some competition, how many passes can you complete in 30 seconds?

Progressions

1. Player two punt kicks to player one. He then moves in behind player three. Player one kicks to player three. Player three punt kicks to player one and moves in behind player two and so on.
2. Player one will receive the ball twice as often as each of the other players hence it is important to give player two and player three a chance to swap with player one.
3. Player two punt kicks to player one and jogs across following the direction of the ball. Player one punt kicks to player three, jogs across, following the direction of the ball and so on.
4. Organise a competition of progression (1). Each group has one minute to perform as many successful punt kicks as possible. Repeat the drill for a second minute giving them the chance to beat their record (a score is registered if the ball is caught).

STATION 7 **NO MAN'S LAND**
(10 minutes)

(This game focuses on catching and kicking skills)

Divide a 20 metre square area into 3 zones. Divide the players into two teams. The teams line out in the two zones at either end of the square. The middle zone is called no man's land. The aim of the game is to kick the ball over no man's land into the opposition's zone. If the ball hits the ground in the opposition's zone you win a point for your team. If the ball lands inside no man's land or outside the square the opposition get a point. If an opponent catches the ball there is no score. The first team to 20 points wins. Switch sides when one team gets to 10 points.

STATION 8 **THE PICK UP/CROUCH LIFT**
(10 minutes)

1.Explain skill and why it is used.2.Give 3-4 key teaching points.3.Demonstrate skill. 4.Ball between 2 to practice skill. 5.Add some competition, how many pick-ups can you complete in 30 seconds?

Teaching Points

Supporting foot to be placed alongside and a little ahead of the ball.
Cupped hands held in front of ball (not at sides), with thumbs almost touching.
Swing lifting leg to lift ball upwards and forwards into cupped hands

Pick Up Drill One

One ball per player.
Walk in a circle or square formation holding footballs, on the coaches command, place the ball down carefully and walk to crouch-lift the next ball.

Pick Up Drill Two

Player one crouch lifts the ball in middle and lines up at the end of the opposite line.

Note:

Make sure the player rises into the playing position before replacing the ball.
Get the children to practice using both feet.

Pick up game

Select 10 players to play the game. Place 9 balls inside the grid. Players must pick up the nearest ball to them and then move on to the next ball and repeat until the coach blows the whistle. On the whistle the player who does not have a ball in their possession is out of the game. Take one football away for each turn. The last player with a ball is the winner.

STATION 9 THE DRIBBLE

(10 minutes)

Dribble, trap + stop

Players in a square/area

One ball per player

Dribble ball on the ground (with foot).

Stop on signal and trap the ball.

Key points:

Do not kick too hard.

Look for free spaces to move into.

Place foot on top of ball to stop.

Dribble, stop + pass

Work in pairs (one ball between two) in a square/area

Dribble ball to free space, stop the ball and pass

Key points:

Step back from the ball after stopping.

Look up to where receiver is.

Move after passing

Dribble around cones

Divide players into groups of 2-3. The first player in each group must dribble the ball in and out of the cones in a figure of eight type fashion back to where they started.

The first player leaves the ball for the second player and goes to the back of the line.

Players must use both the inside and outside of the strong foot to dribble the ball through the cones.

STATION 10 5V5 KEEP POSSESSION GAME

(10 minutes)

Divide the players into two equal teams (5V5) in a grid of about 20 metres squared. The coach throws the ball in to start the game. The team who get the ball must try to retain the ball. They must release/ throw the ball to a player on their team after four steps. If the team in possession of the ball over carry the ball or if the ball is disposed or knocked out of the grid possession of the ball is given to the other team. The coach can keep account of the number of passes that each team makes

Sample Coaching Session

Week 1

Warm -up 1
(5 minutes)

Stuck in the Mud

Station 1
(10 minutes)

Finding Space/Agility

Station 5
(10 minutes)

Ball Familiarisation & Bouncing.

Station 3
(10 minutes)

Running & Co-ordination

Station 6
(10 Minutes)

Catching & Ball Handling

Station 7
(10 Minutes)

The Punt Kick

Station 10
(10 minutes)

5 v 5 Possession Game

Mini-Game 1
(10 Minutes)