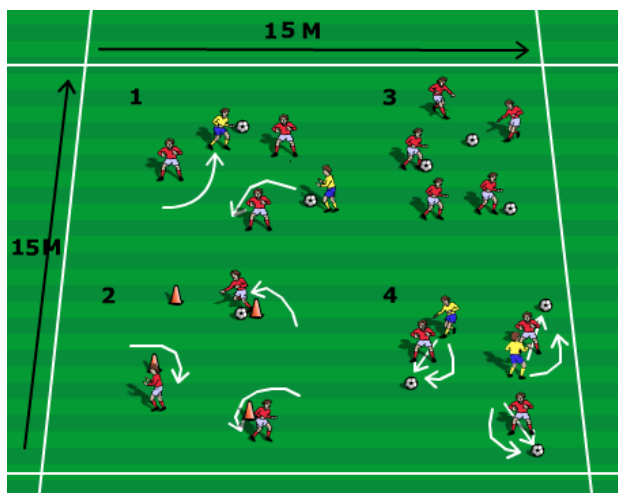


# Fundamental Stage - Week 1



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

### Organization:

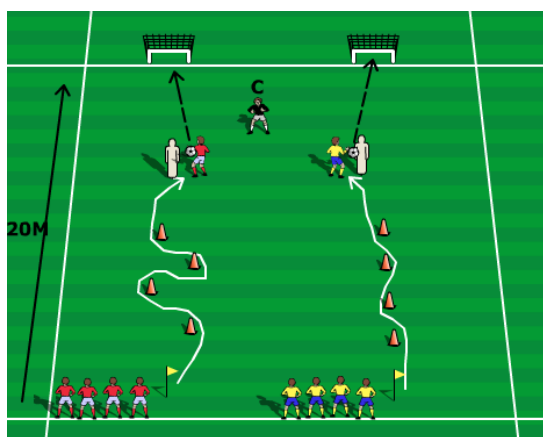
Mark a 15 x 15 m square. The size may vary according to numbers. Players form pairs and find some space inside the square with one ball between two. One player in each pair starts with the ball, while the other rests. Players trade places on the coach's command.

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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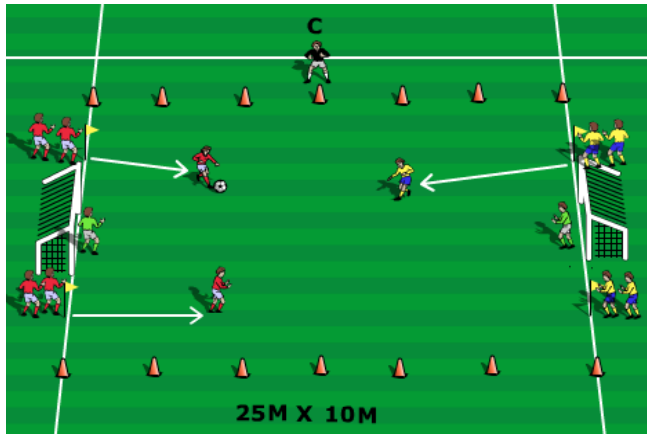


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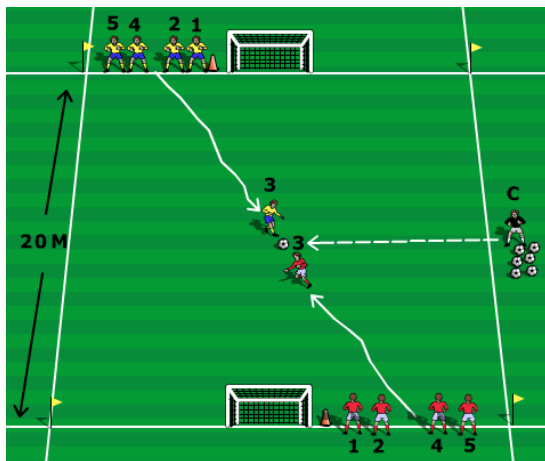


**Focus – Small Sided Game**  
**Name of Game – 2 v 1**

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