U6 u8 kicking

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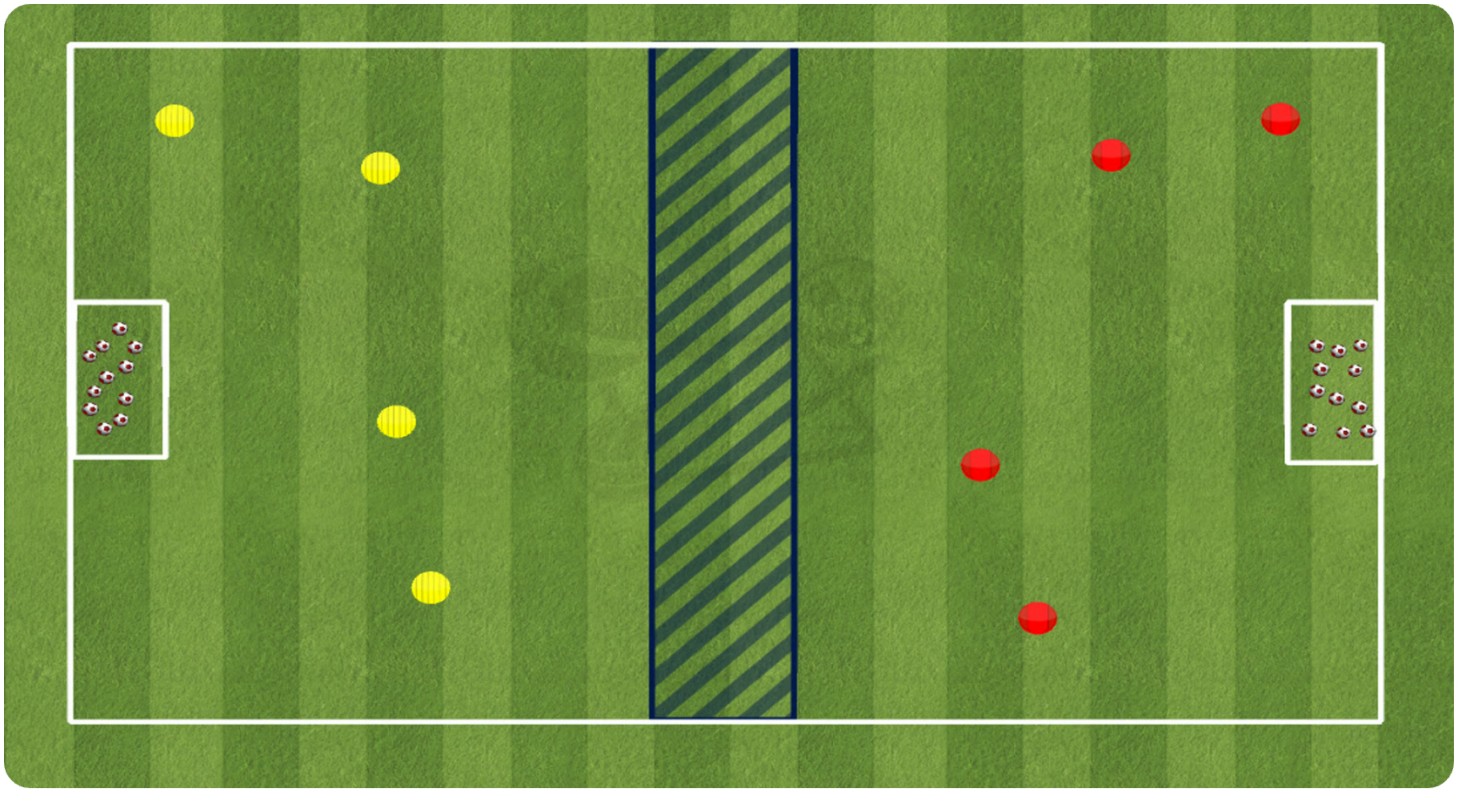
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OVER THE RIVER

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Kicking



RULES

1. Set up the pitch as in the animation above
2. Two teams attempt to kick the ball over the river into the other team's side
3. Team with least amount of balls in their half, wins

QUESTIONS

Cues: • Right Hand Right Foot/Left Hand Left Foot • Show the ball to your foot • Drop it down the hole • Kick with the laces • Wave goodbye with you opposite hand

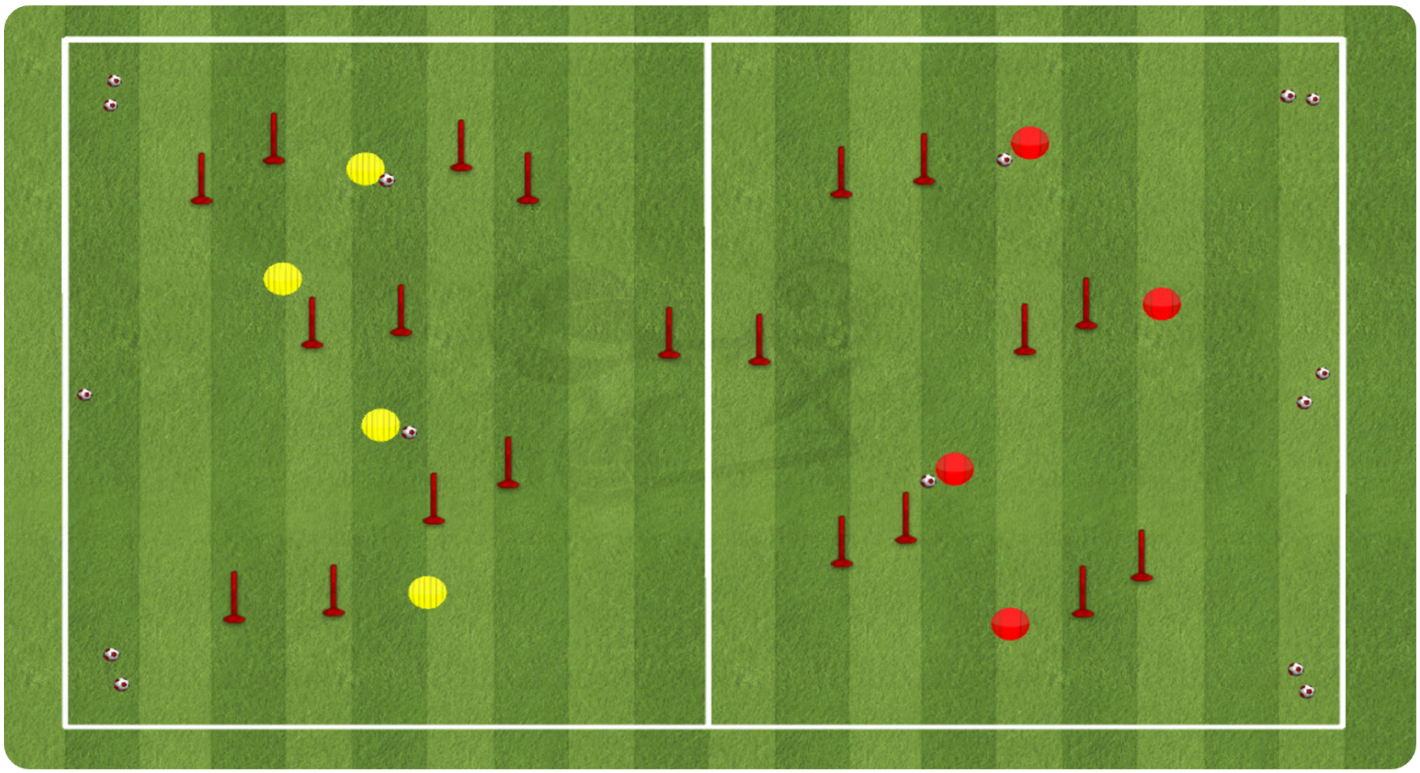
NOTES

BOUNCE AND KICK

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Kicking



RULES

1. Play this game in pairs. Player bounces the ball and kicks it through gates to partner. Partner collects it and returns the ball the same way.
2. Children move onto new gates each time
3. This can be done as a warm up.

QUESTIONS

Cues: • Right Hand Right Foot/Left Hand Left Foot • Show the ball to your foot • Drop it down the hole • Kick with the laces • Wave goodbye with you opposite hand

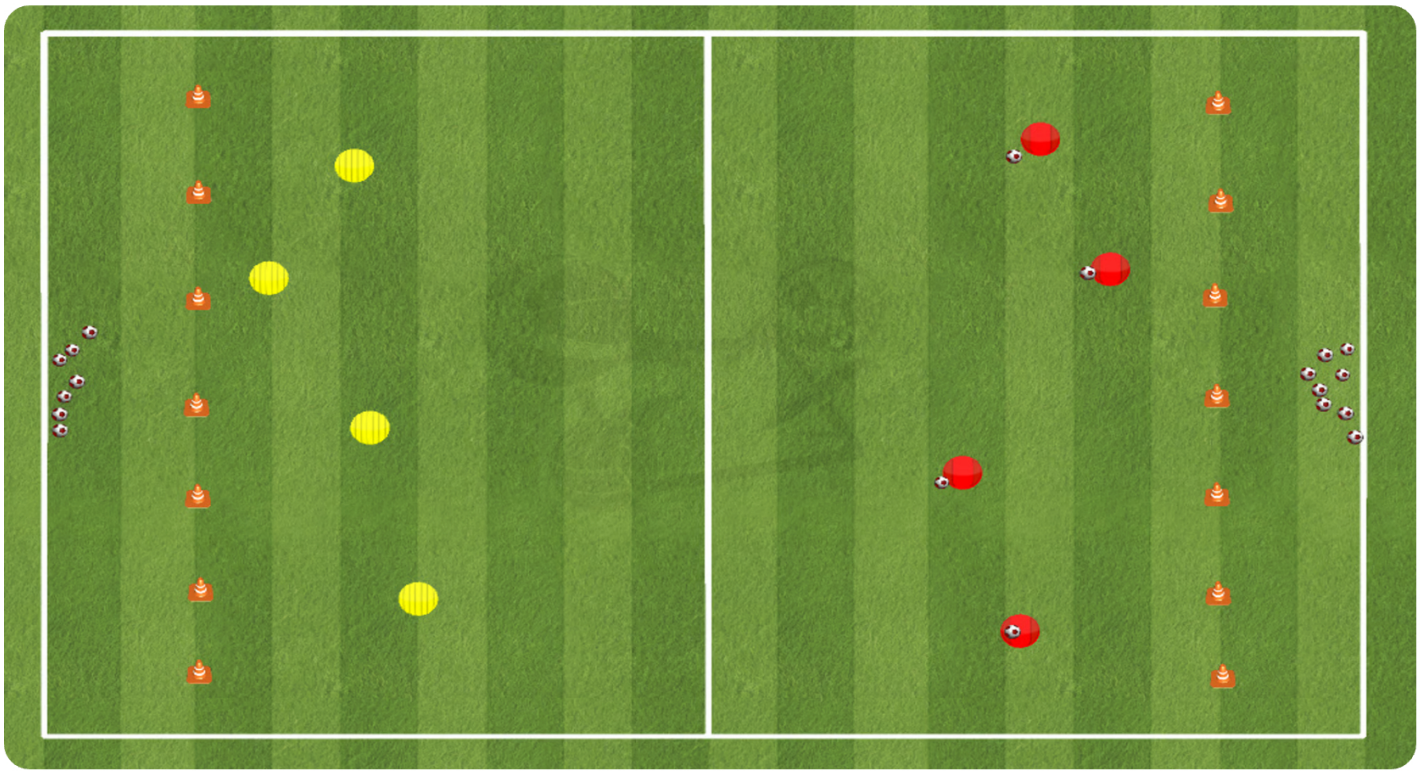
NOTES

KNOCK THE CONE

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Kicking



RULES

1. Triangular cones needed for this game. (You can place them on dome cones)20m x 40m playing area.
2. Players get a score for each cone they knock. Play for time.
3. Coach needed to reset cones.

QUESTIONS

Cues: • Right Hand Right Foot/Left Hand Left Foot • Show the ball to your foot • Drop it down the hole • Kick with the laces • Wave goodbye with you opposite hand

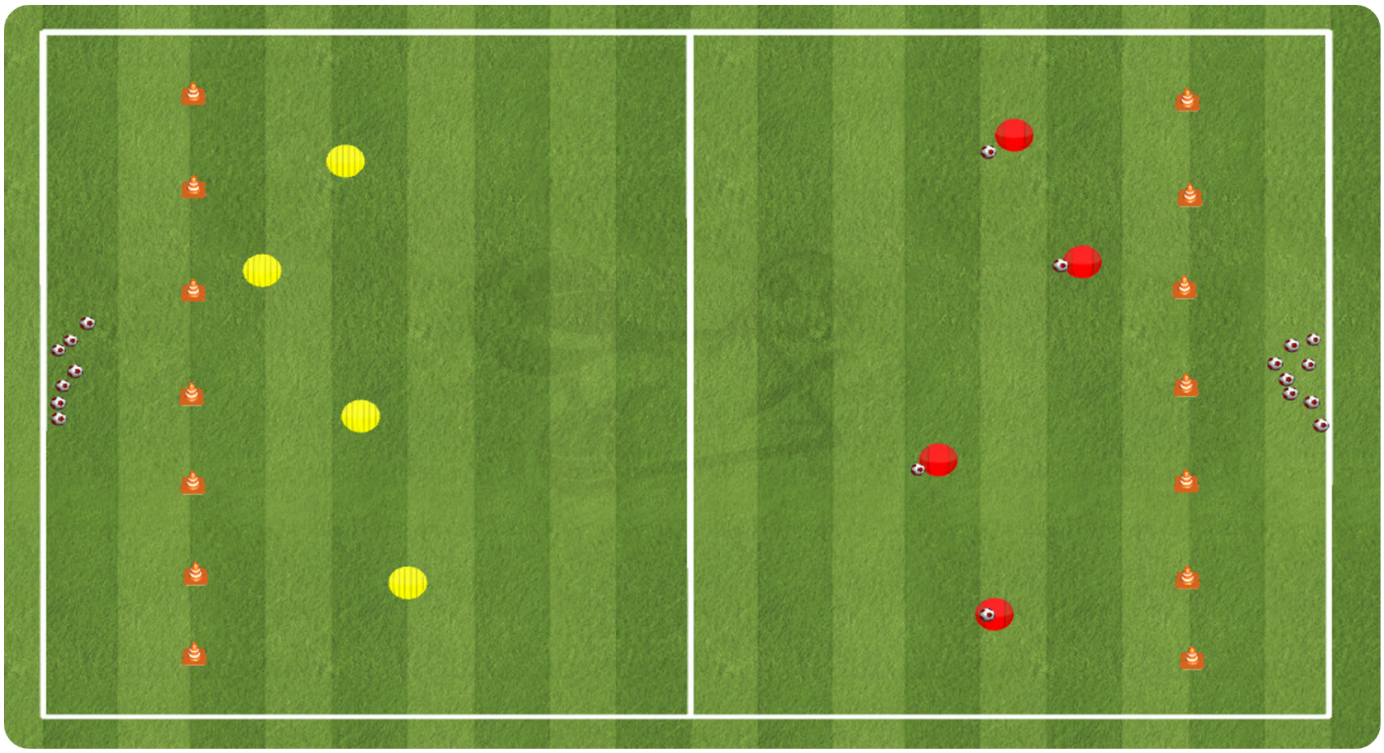
NOTES

DEFEND THE GOALS

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Kicking



RULES

1. Set up multiple gates or goals as above.
2. One team begins with balls and attempt to score in any goal.
3. Defending team attempt to block the balls and then try to score. They can move to any goal
4. Winning team is the team that has scored the most goals after 2 minutes

QUESTIONS

Cues: • Right Hand Right Foot/Left Hand Left Foot • Show the ball to your foot • Drop it down the hole • Kick with the laces • Wave goodbye with you opposite hand

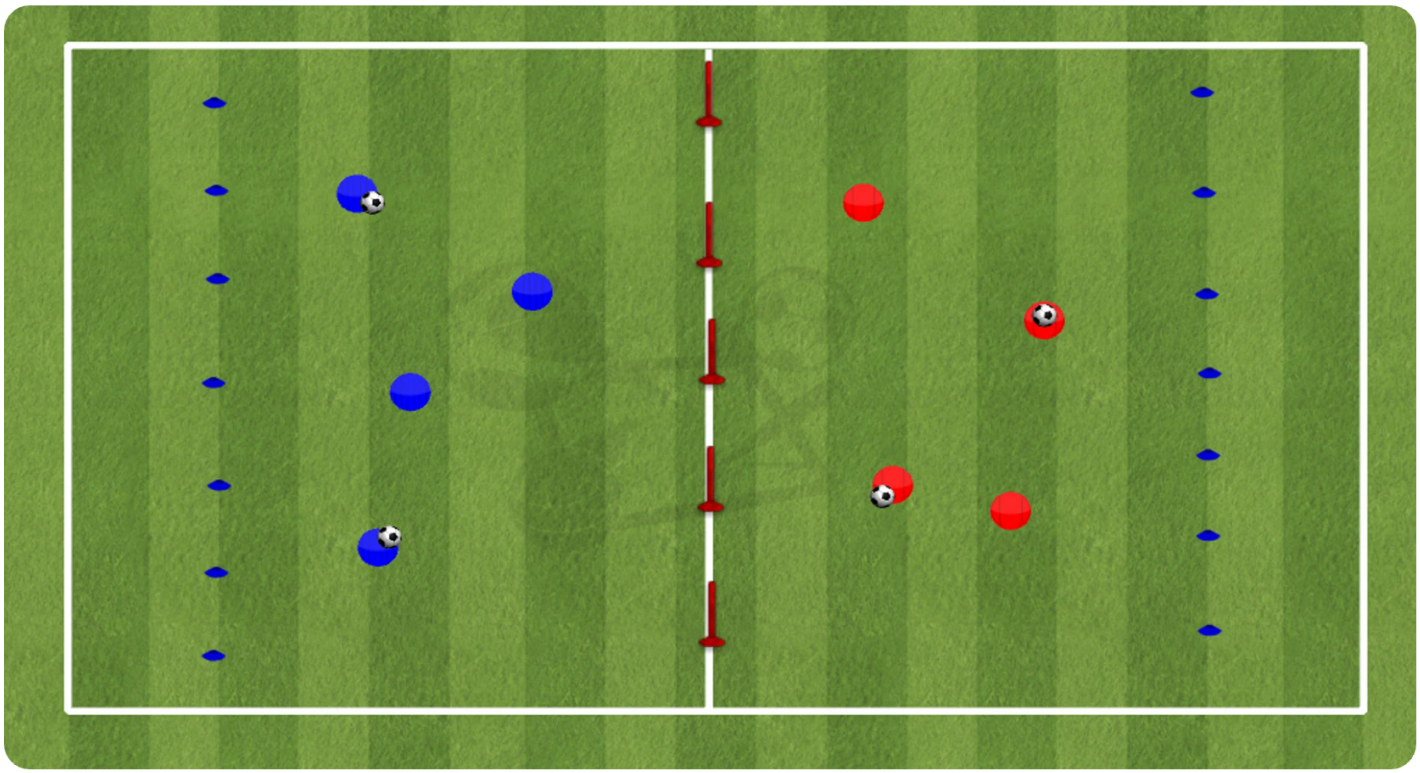
NOTES

ROCKET LAUNCHERS

Skill Games

Time: 90 Seconds | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Kicking



RULES

Set up the pitch with a row of poles in the middle.
Players kick the ball over the poles. If your ball (rocket) hits the ground you get to steal a cone from the opposite side
If you catch (intercept) a rocket, you get to steal a cone from the other side.

QUESTIONS

Cues • Show the ball, twist the ball • Same hand same foot • Head down over the ball • Kick with the laces • Wave good bye with the opposite hand • Wrap your foot around the ball

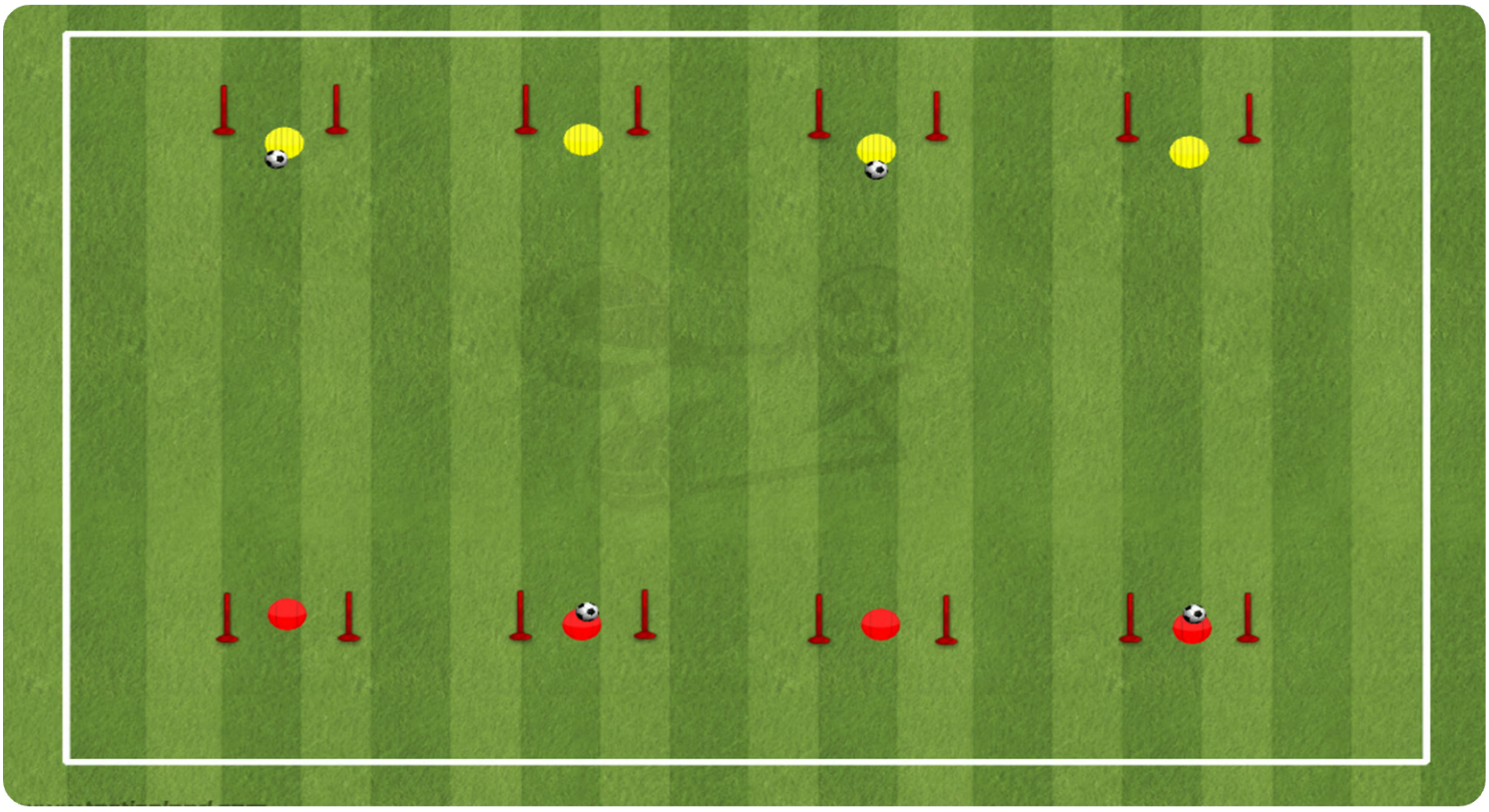
NOTES

GAME ON

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s

Kicking



RULES

Set Up goals a certain distance apart from each other. Players take 3-5 shots on each other. Coach can keep score. After the shots they move on one goal in the opposite direction and take another 3-5 shots on each other.
Coach can set an individual or team target for the amount of goals scored.
Coach can also play for a certain amount of time and see which team has the most goals scored

QUESTIONS

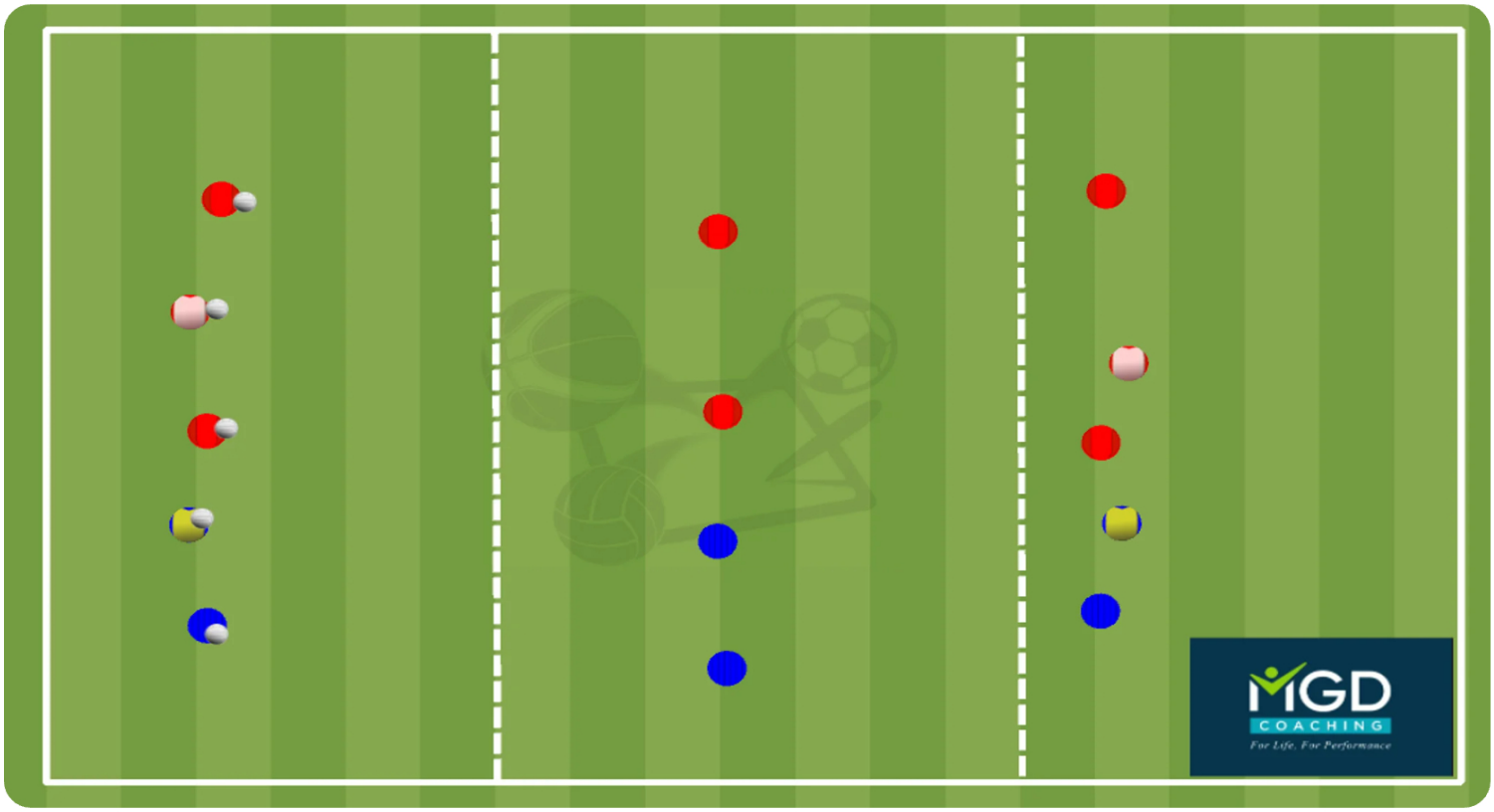
NOTES

PASSING THROUGH TRAFFIC

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s

MGD Coaching



RULES

Children work in pairs trying to pass to each other through or over a middle zone. You can play a couple of conditions:
- If their ball is intercetped, then they can swap places with a pair inside the zone
- Give them a target to reach
- Which pair can complete the most passes

QUESTIONS

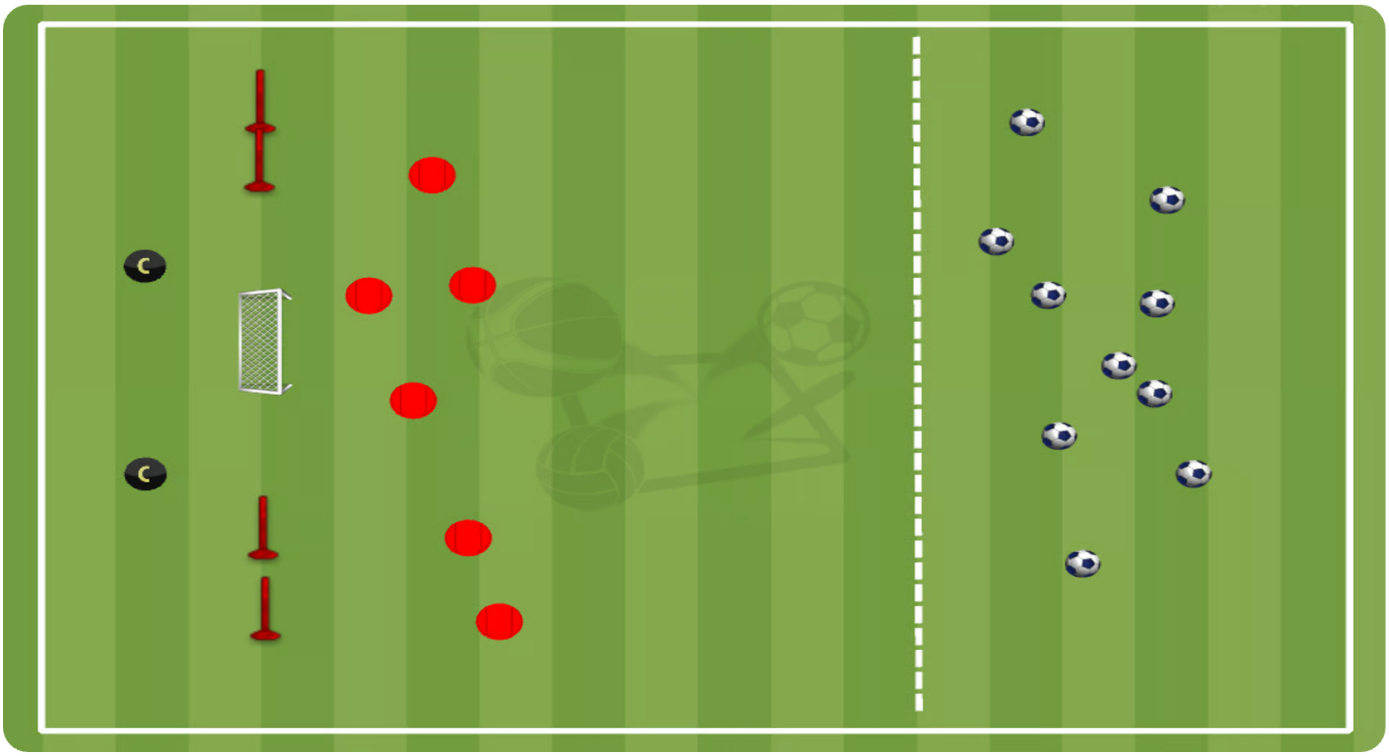
NOTES

OVER THE BAR

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s

Kicking



RULES

Have a number of balls placed behind the cones around 25 meters from the goal. On the whistle, the players go get a ball, bounce or solo and try to score a point. The must score in different goals each time. Encourage them to keep count of their scores

Progression: We can add a tagger or tackler to increase the challenge. For the tagger each player can have a bib sticking out of the side of their shorts.

QUESTIONS

Step, Drop & Kick

NOTES