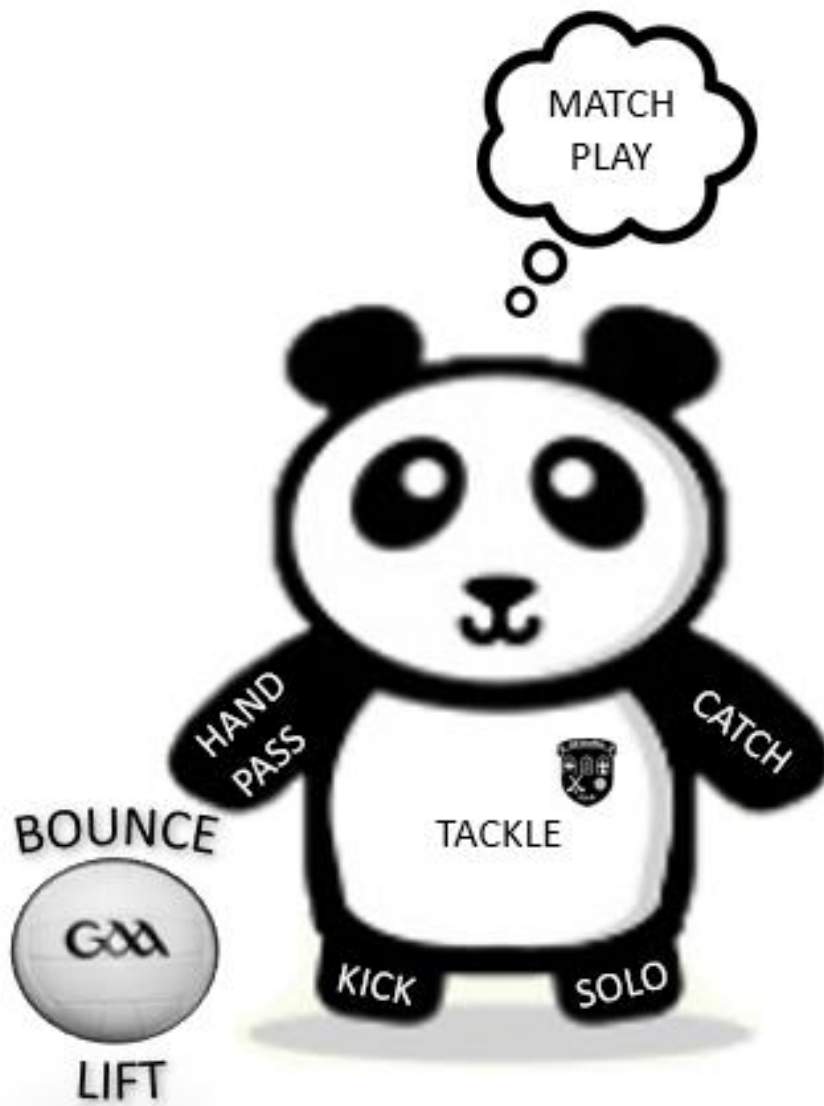


# KILCULLEN GAA JUVENILE COACHING PROGRAMME 2019 U5/U6 FOOTBALL



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Coaching Plan – Outline

Coaching Plan – Detailed



**FUN ROUTINES**

1. Foxes & Hens
2. Foxes & Hounds
3. Head, Shoulders, Knees & Cones (with ball)
4. Simon Says Positions
5. Colour Fetch



**AGILITY & COORDINATION**

1. Obstacle Course 1
2. Obstacle Course 2
3. Unders & Overs
4. Avoid the Mines
5. Mirror Mirror
6. Mine Tag
7. Body Balance



**BALL SENSE**

**CATCH**

1. Hungry Chicks
2. Partner throw & catch
3. Nest Eggs
4. Piggy in the middle
5. Time Bomb

**BOUNCE**

1. First Bounce
2. Ball for a walk
3. Bounce, Catch & Bounce
4. Slalom Bounce

**HAND PASS**

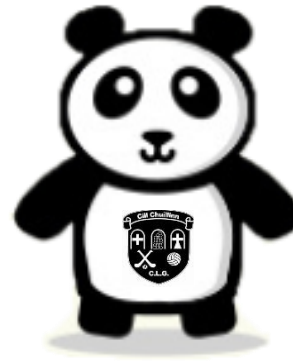
1. Knock the cap
2. Minefield Balance
3. Stationary Pass
4. Hungry Chick 2
5. Around the square

**KICK**

1. Kick progressions
2. Partner kick
3. Score kick progressions
4. Empty the nest (kicks)

**LIFT**

1. Roll partner pick up
2. Lift, roll & drop
3. Lift Relay
4. Lift Relay 2
5. Pressure Lift



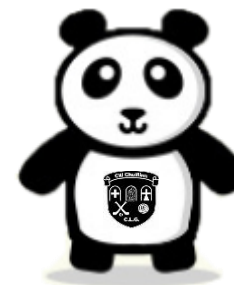
**P** lay  
**A** nd  
**N** ew skills  
**D** evelopment  
**A** ctivities

**KILCULLEN GAA  
JUVENILE ACADEMY  
COACHING PLAN 2019  
U5/U6 Football  
PANDAS**

**FUN GAME WARM-UP**

Each training session starts with a fun game warm up.  
These simply repeat for each Block.

No.	Warm Up Drill/Game
1	Foxes & Hounds (incl. Mentors)
2	Head, Shoulders, Knees & Cones (with ball)
3	Simon Says Position (with ball)
4	Colour Fetch
5	Foxes & Hens



**AGILITY & EYE-HAND COORDINATION**

No.	Name	
1	Obstacle course 1	
2	Unders & Overs	
3	Minefields & Mirrors	3.1 Avoid the mines (with ball) - 3.2 Mine tag – 3.3 Mirror Mirror
4	Obstacle course 2	
5	Body Balance	Body Balance, Flamingos, tightrope, Squat Balance, 1-2-3 Freeze

**CORE SKILLS**

Core skills are divided into 5 sections (as per below). Each week has a specific 'skills focus' and over the term each skill will have had 5 'focus weeks'. The intention is that the skills drill selected for that specific skill will progress with each block.

No.	Core Skill	Block 1 Drill 1	Block 2 Drill 2	Block 3 Drill 3	Block 4 Drill 4	Block 5 Drill 5
1	Catch	Hungry Chicks 1	Partner Throw & Catch	Nest Eggs	Piggy in the middle	Time Bomb
2	Bounce	First Bounce	Ball for a walk	Bounce, Catch & Bounce	Ball for a walk	Slalom Bounce
3	Hand Pass	Knock the cap	Minefield Balance	Stationary Pass	Hungry Chicks 2	Around the Square
4	Kick	Kick Progressions	Partner Kick	Score kick progressions	Empty the nest (kicks)	Score kick progressions
5	Lift	(i) Roll partner pick up (ii) Lift, Roll & drop	Lift Relay 1	(i) Roll partner pick up (ii) Lift, Roll & drop	Lift Relay 2	Pressure Lift

**MATCHPLAY DRILLS**

Matchplay drills are not introduced until U7

**KILCULLEN GAA JUVENILE ACADEMY**

2019 Coaching Programme

AGE GROUP - U5/6 PANDAS



<b>BLOCK 1</b>	<b>PANDAS</b>	<b>Activity</b>	<b>Time</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>	<b>WEEK 5</b>
		Warm up	10	Foxes & Hounds	Head, Shoulders, Knees & Cones	Simon Says Positions	Colour Fetch	Foxes & Hens
		Agility	a 15	Obstacle Course 1	Unders & Overs	Minefields & Mirrors	Obstacle Course 2	Body Balance
		Skills	a 10	Introduction	Hungry Chicks 1	First Bounce	Knock the cap	Kick progressions
			b 10	Hungry Chicks 1	First Bounce	Knock the cap	Kick progressions	(i) Roll partner pick up; (ii) Lift, roll & drop
		Mini - Match	15	Mini Matches	Mini Matches	Mini Matches	Mini Matches	Mini Matches
		Bonus Scores		Catch	Bounce	Pass	Kick	Lift
		Home Practice	3x 5/10min	Catching	Bouncing	Ball Balance	Kicks	Lift
		<b>WEEK 6</b>		<b>GAME 1</b>	<b>GAME 2</b>	<b>GAME 3</b>	<b>Review</b>	
		Competition & Review Week		Obstacle Course	tba	tba	Journal Review	

<b>BLOCK 2</b>	<b>PANDAS</b>	<b>Activity</b>	<b>Time</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>	<b>WEEK 5</b>
		Warm up	10	Foxes & Hounds	Head, Shoulders, Knees & Cones	Simon Says Positions	Colour Fetch	Foxes & Hens
		Agility	a 15	Obstacle Course 1	Unders & Overs	Minefields & Mirrors	Obstacle Course 2	Body Balance
		Skills	a 10	(i) Roll partner pick up; (ii) Lift, roll & drop	Partner throw & catch	Ball for a walk	Minefield balance	Partner kicks
			b 10	Partner throw & catch	Ball for a walk	Minefield balance	Partner kicks	Lift Relay
		Mini - Match	15	Mini Matches	Mini Matches	Mini Matches	Mini Matches	Mini Matches
		Bonus Scores		Catch	Bounce	Pass	Kick	Lift
		Home Practice	3x 5/10min	Catching	Bouncing	Ball Balance	Kicks	Lift
		<b>WEEK 6</b>		<b>GAME 1</b>	<b>GAME 2</b>	<b>GAME 3</b>	<b>Review</b>	
		Competition & Review Week		Obstacle Course	tba	tba	Journal Review	

<b>BLOCK 3</b>	<b>PANDAS</b>	<b>Activity</b>	<b>Time</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>	<b>WEEK 5</b>
		Warm up	10	Foxes & Hounds	Head, Shoulders, Knees & Cones	Simon Says Positions	Colour Fetch	Foxes & Hens
		Agility	a 15	Obstacle Course 1	Unders & Overs	Minefields & Mirrors	Obstacle Course 2	Body Balance
		Skills	a 10	Lift Relay	Nest Eggs	Bounce, catch & bounce	Stationary pass	Score kick progressions
			b 10	Nest Eggs	Bounce, catch & bounce	Stationary pass	Score kick progressions	(i) Roll partner pick up; (ii) Lift, roll & drop
		Mini - Match	15	Mini Matches	Mini Matches	Mini Matches	Mini Matches	Mini Matches
		Bonus Scores		Catch	Bounce	Pass	Kick	Lift
		Home Practice	3x 5/10min	Catching	Bouncing	Ball Balance	Kicks	Lift
		<b>WEEK 6</b>		<b>GAME 1</b>	<b>GAME 2</b>	<b>GAME 3</b>	<b>Review</b>	
		Competition & Review Week		Obstacle Course	tba	tba	Journal Review	

<b>BLOCK 4</b>	<b>PANDAS</b>	<b>Activity</b>	<b>Time</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>	<b>WEEK 5</b>
		Warm up	10	Foxes & Hounds	Head, Shoulders, Knees & Cones	Simon Says Positions	Colour Fetch	Foxes & Hens
		Agility	a 15	Obstacle Course 1	Unders & Overs	Minefields & Mirrors	Obstacle Course 2	Body Balance
		Skills	a 10	(i) Roll partner pick up; (ii) Lift, roll & drop	Piggy in the middle	Ball for a walk	Hungry chicks 2	Empty the nest 2
			b 10	Piggy in the middle	Ball for a walk	Hungry chicks 2	Empty the nest 2	Lift Relay 2
		Mini - Match	15	Mini Matches	Mini Matches	Mini Matches	Mini Matches	Mini Matches
		Bonus Scores		Catch	Bounce	Pass	Kick	Lift
		Home Practice	3x 5/10min	Catching	Bouncing	Ball Balance	Kicks	Lift
		<b>WEEK 6</b>		<b>GAME 1</b>	<b>GAME 2</b>	<b>GAME 3</b>	<b>Review</b>	
		Competition & Review Week		Obstacle Course	tba	tba	Journal Review	

<b>BLOCK 5</b>	<b>PANDAS</b>	<b>Activity</b>	<b>Time</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>	<b>WEEK 5</b>
		Warm up	10	Foxes & Hounds	Head, Shoulders, Knees & Cones	Simon Says Positions	Colour Fetch	Foxes & Hens
		Agility	a 15	Obstacle Course 1	Unders & Overs	Minefields & Mirrors	Obstacle Course 2	Body Balance
		Skills	a 10	Lift Relay 2	Time Bomb	Slalom Bounce	Around the square	Score kick progressions
			b 10	Time Bomb	Slalom Bounce	Around the square	Score kick progressions	Pressure lift
		Mini - Match	15	Mini Matches	Mini Matches	Mini Matches	Mini Matches	Mini Matches
		Bonus Scores		Catch	Bounce	Pass	Kick	Lift
		Home Practice	3x 5/10min	Catching	Bouncing	Ball Balance	Kicks	Lift
		<b>WEEK 6</b>		<b>GAME 1</b>	<b>GAME 2</b>	<b>GAME 3</b>	<b>Review</b>	
		Competition & Review Week		Obstacle Course	tba	tba	Journal Review	

## FUN ROUTINE

### WARM UP DRILLS

#### FOXES & HENS

This exercise to develop agility skills is generally suitable for players of 4-6 years



#### Organisation

Set up the playing area as per fig.1 below. Use one colour cone as the 'safe cones'

One player is designated the 'fox'.

All other players are designated as 'hens' and start the game standing at a 'safe cone' of their choosing.

On the Mentors whistle all the hens must leave their cones and run to another cone. The 'fox' must chase the other players -designated 'hens' - around the playing area. The 'hens' are safe when they reach a new 'safe cone'.

#### Game 1

When a 'hen' is tagged they become the new 'fox' and the old fox becomes a hen.

#### Game 2

When a 'hen' is tagged they become an additional 'fox' until all hens are caught.

#### Key Points

Ensure the players have enough room to move around safely.

No harsh grabbing, pushing or bumping.

Foxes cannot stand at a cone waiting for the hen to leave, the fox must always keep moving.

#### Equipment

5 cones of same colour as 'safe cones'.

10-14 additional cones as playing area boundary, these can be various colours but cannot include any 'safe cone' coloured cones.

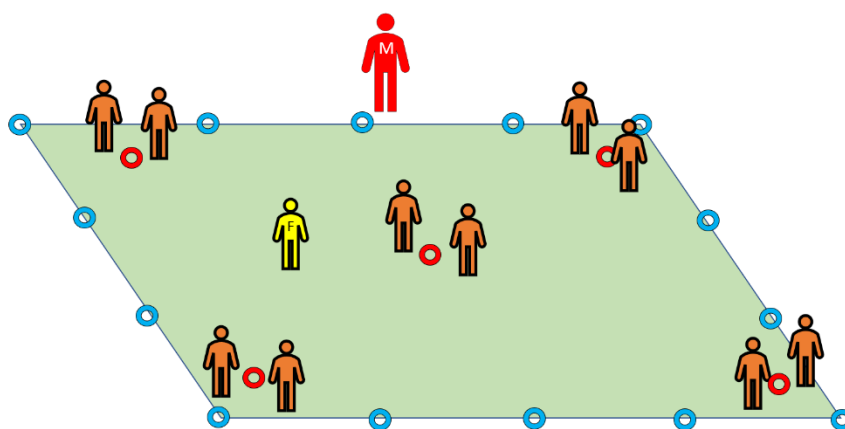


fig.1



## FUN ROUTINE

### WARM UP DRILLS

#### FOXES & HOUNDS

This exercise to develop agility skills is generally suitable for players of 4-6 years



#### Organisation

Set up the playing area as per fig.1 below.

Players tuck training bib into the side or back of their shorts to make a tail

On the Mentors whistle all players run around the playing area and try to steal the other players tails

At any stage of the game on the Mentors 'double whistle' all players must freeze

When a players' tail is removed, they remain in the game and continue to try and take other tails to replace their own.

A player cannot have a bib in their hand unless they already have a tail in place in their shorts.

Players can step out of the playing area to put a new tail in place before re-joining the game. Once out of the playing area they cannot have their tail removed by another player.

#### Key Points

Ensure the players have enough room to move around safely.

No harsh grabbing, pushing or bumping.

#### Equipment

10-14 cones as playing area boundary

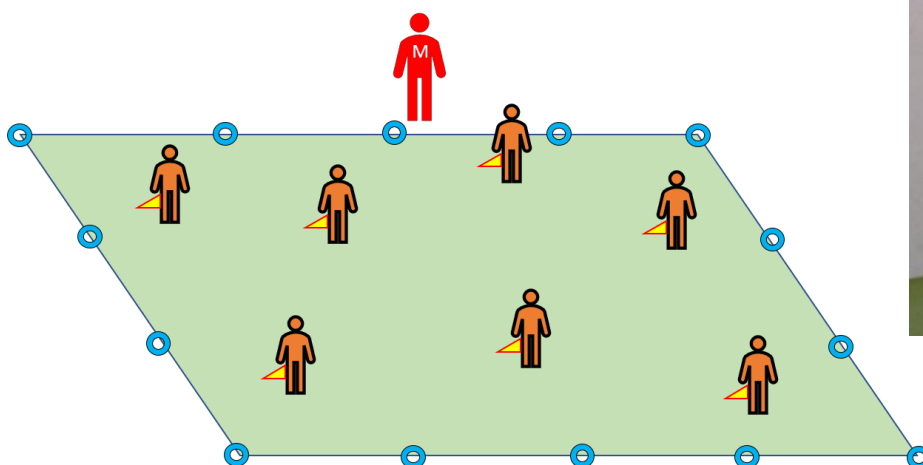


fig.1



## FUN ROUTINE

### WARM UP DRILLS

#### HEAD, SHOULDERS, KNEES & CONES (with ball)

This exercise to develop agility skills and is suitable for all ages



#### Organisation

Set up the playing area as per fig.1 below.

Players line up facing each other either side of the centre cones

Each player places their football on the ground beside the cone

The players follow the mentors calls as follows;

- Head, shoulders, knees, toes – players touch as per call
- Cones – first player to grab the cone in front of them
- Ball Swap –
  - (1) Players pick up their ball (pick up as per match rules) and sprint to place the ball at cone behind them, leave the ball down and sprint back to cone.
  - (2) The next time 'Ball Swap' is called the players sprint to pick up their ball (pick up as per match rules) and bring it back to their centre cone.
- Sprint – players sprint to the edge cones and back

Variants;

Players start back to back

Introduce a hop or solo while running with ball

Additional calls can be added to include other agility or warm up actions such as jumping jacks, hopping on one leg, windmill arms, etc.

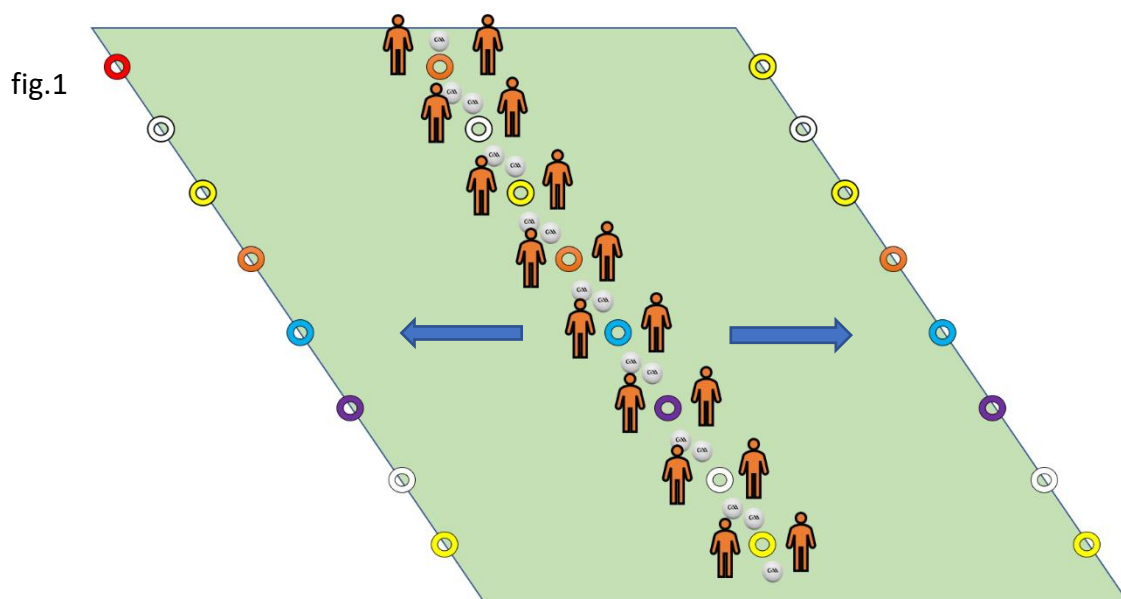
#### Key Points

Ensure the players have enough room to move around safely.

Players must stay on their feet when returning to the centre cone (no sliding or jumping in)

#### Equipment

3 cones and 2 footballs for each pair of players



## FUN ROUTINE

### WARM UP DRILLS

#### SIMON SAYS POSITIONS (with ball)

This exercise to develop agility, attention and ball skills and is suitable for ages 4 -10 yrs



#### Organisation

Set up the playing area as per fig.1 below.

Players gather in the centre of the drill area

Each player has a ball

When the mentor calls out the name of any position all players must run to that position

Once at that position the mentor calls out an activity;

Ball activity –

- throw & catch
- roll and pick up
- punt kick and retrieve

Fitness or Agility activity -

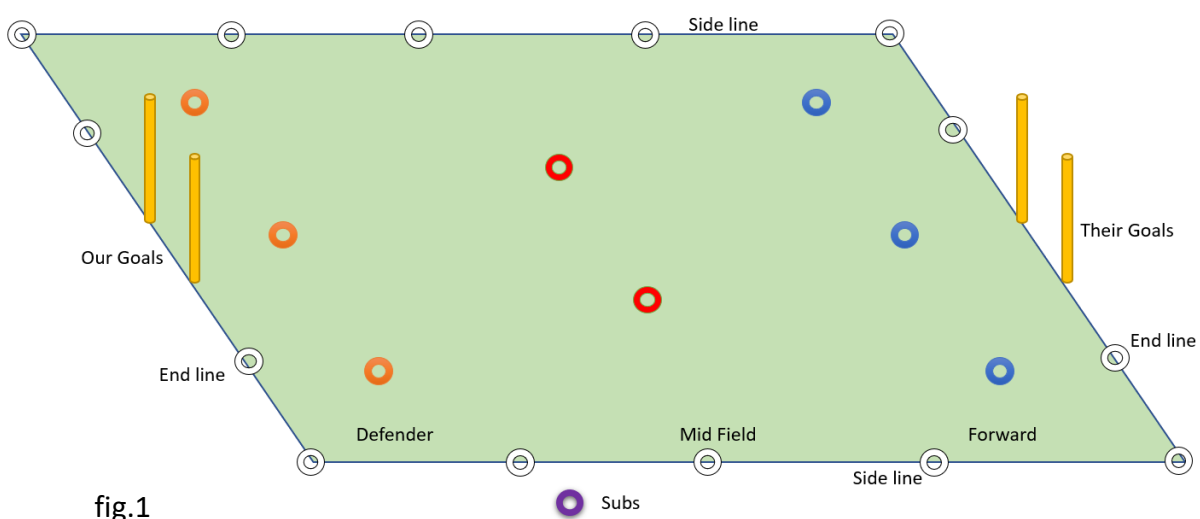
- Jumping jacks
- Run on the spot
- Frog Jumps/bunny hops
- Hop on one leg

#### Key Points

For age 4-6yrs - Mentor takes the players on a walk around the playing area and explains the name of each of the positions and what happens at each position

#### Equipment

20-30 cones and four posts. Each player must have a football





## FUN ROUTINE

### WARM UP DRILLS

#### COLOUR FETCH – LEVEL 1

This exercise to develop agility and attention skills and is suitable for ages 4 -10 yrs



#### Organisation

Set up the playing area as per fig.1 below.

Players gather in the centre of the drill area

Players must run to the item called by the Mentor or group together in the numbers called by the Mentor.

Available calls as per fig.1 are;

Run to items -

- Red
- Orange
- Blue
- White
- Post

Groups –

- One
- Two
- Three
- Four

Mentors may add in additional activity calls such as;

- Jumping jacks
- Run on the spot
- Frog Jumps
- Hop on one leg

#### Key Points

#### Equipment

4 different coloured cones and four posts

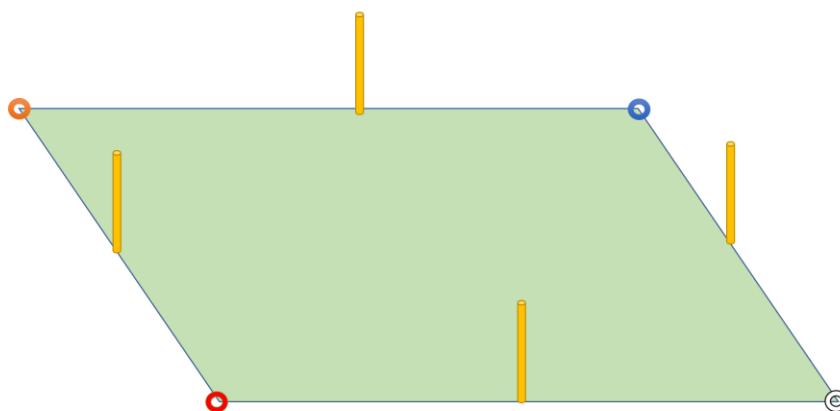


fig.1

## FUN ROUTINE

### WARM UP DRILLS

#### COLOUR FETCH – LEVEL 2 & 3

This exercise to develop agility and attention skills and is suitable for ages 4 -10 yrs



#### Organisation

##### Level 2 (4-6yrs)

- Set up drill area as per fig.2
- Mentor advises players which group they are in (1 or 2)
- Game starts with group 1 v's group 2
- Mentor calls a cone colour
- Groups 1 & 2 players must sprint to gather the correct coloured cone and bring it back to their post.
- First back to the post wins and the group gets to keep the cone
- Second back must return their cone to the pile in the centre of the drill area

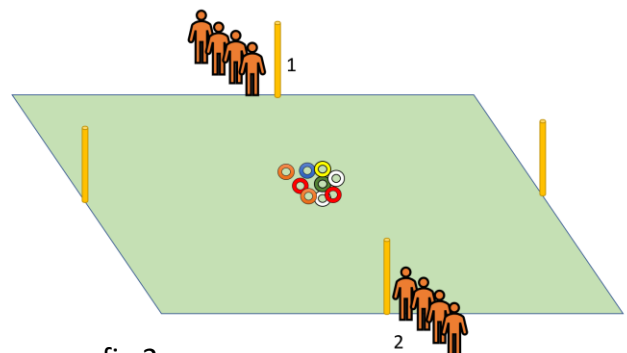


fig.2

##### Level 3 (8-10yrs)

- Set up drill area as per fig.3
- Mentor advises players which group they are in (1, 2, 3 or 4)
- Game starts with group 1 v's group 2
- Mentor calls a cone colour
- Groups 1 & 2 players must sprint to gather the correct coloured cone and bring it back to their post.
- First back to the post wins and the group gets to keep the cone
- Second back must return their cone to the pile in the centre of the drill area
- Repeat for groups 3 & 4

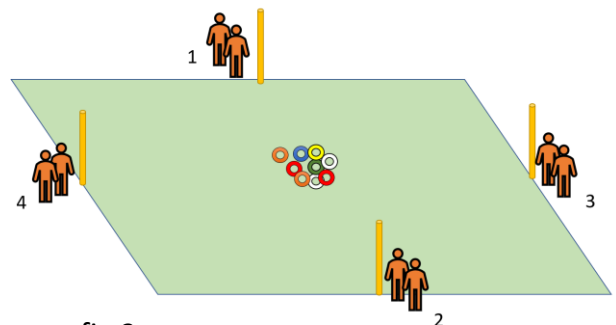


fig.3

#### Key Points

#### Equipment

Approx. 20 different coloured cones and four posts

## FUN ROUTINE

### WARM UP DRILLS

#### COLOUR FETCH – LEVEL 4 (with ball)

This exercise to develop agility, attention and ball skills and is suitable for ages 8 -10 yrs



#### Organisation

Set up the playing area as per fig.1 below.

Mentor advises players which group they are in (1, 2, 3 or 4)

Game starts with group 1 v's group 2

On the Mentors whistle, the first player from Groups 1 & 2 must sprint to gather a football and bring it back to their post by hand passing it to their team mate on the post.

The ball must be passed from the cone and not closer and the pass must be caught.

First back to have their pass caught wins and the group gets to keep the ball

Second to have pass caught or a dropped pass, the ball must be returned by the passing player to the centre of the drill area

Repeat for groups 3 & 4

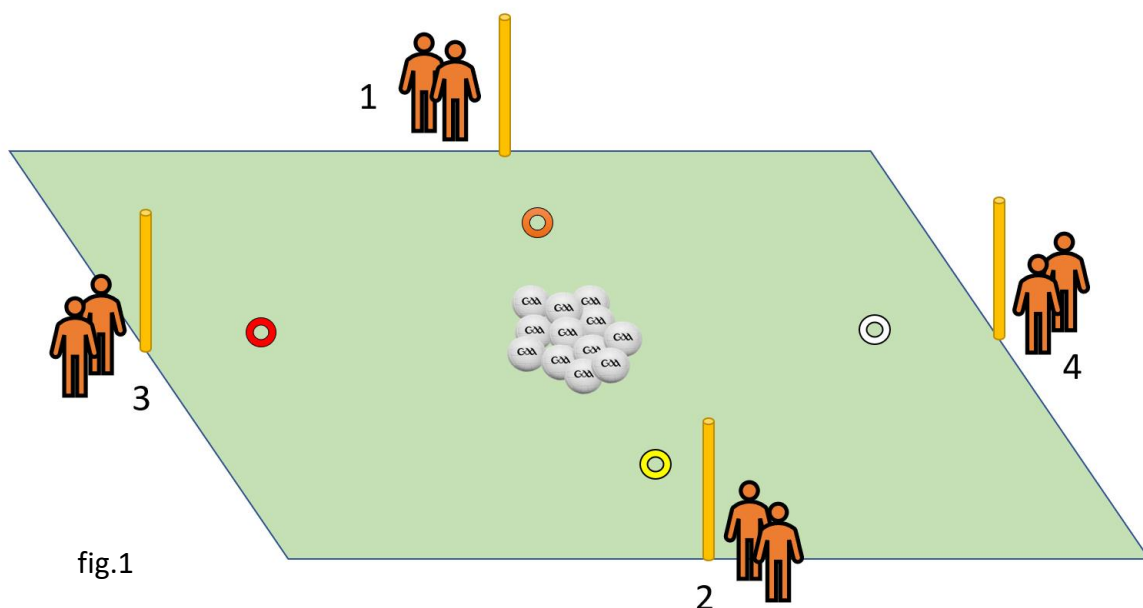
Most balls win

#### Key Points

As football are in a large group, players are permitted to pick ball straight from the ground without using the foot.

#### Equipment

Approx. 20 different coloured cones and four posts



## AGILITY & COORDINATION

### DRILLS

#### OBSTACLE COURSE 1

This exercise to develop agility and coordination skills and is suitable for ages 4-6 yrs



#### Organisation

Set up the playing area as per fig.1 below.

Players complete all stages of the obstacle course

Options for actions at hoops;

- Hop in and out
- Hop in and lift hoop over body & head

#### Key Points

#### Equipment

8 cones	7 posts	3 hoops	3 hurdles	6 tall cones
Pack of coloured rings		Tunnel or cargo Net		2 footballs

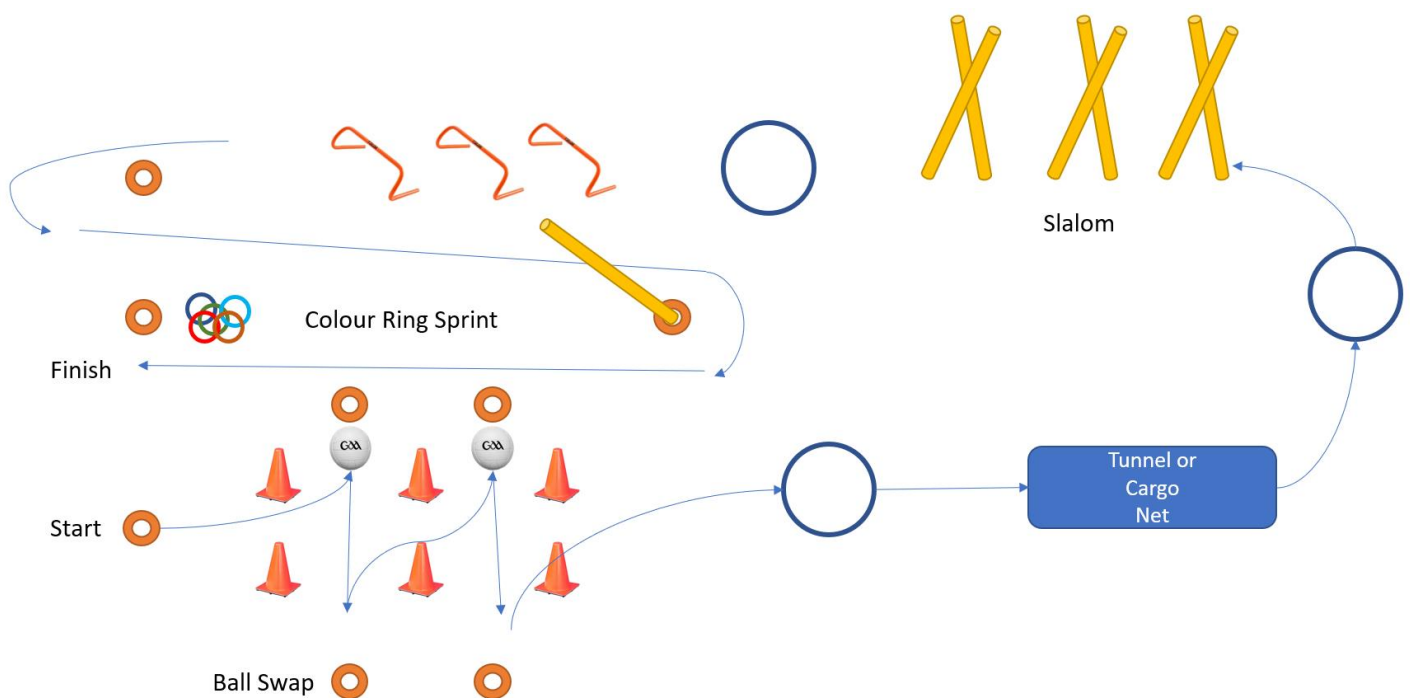


fig.1

## AGILITY & COORDINATION

### DRILLS

#### OBSTACLE COURSE 2

This exercise to develop agility and coordination skills and is suitable for ages 4-6 yrs



#### Organisation

Set up the playing area as per fig.1 below.

Players are given a ball at the start cone to carry through course

Ball is bounced at each hoop

#### Key Points

#### Equipment

- |                   |         |                     |           |              |
|-------------------|---------|---------------------|-----------|--------------|
| 8 cones           | 6 posts | 3 hoops             | 3 hurdles | 6 tall cones |
| 5m length of rope |         | Tunnel or cargo Net |           | 4 footballs  |

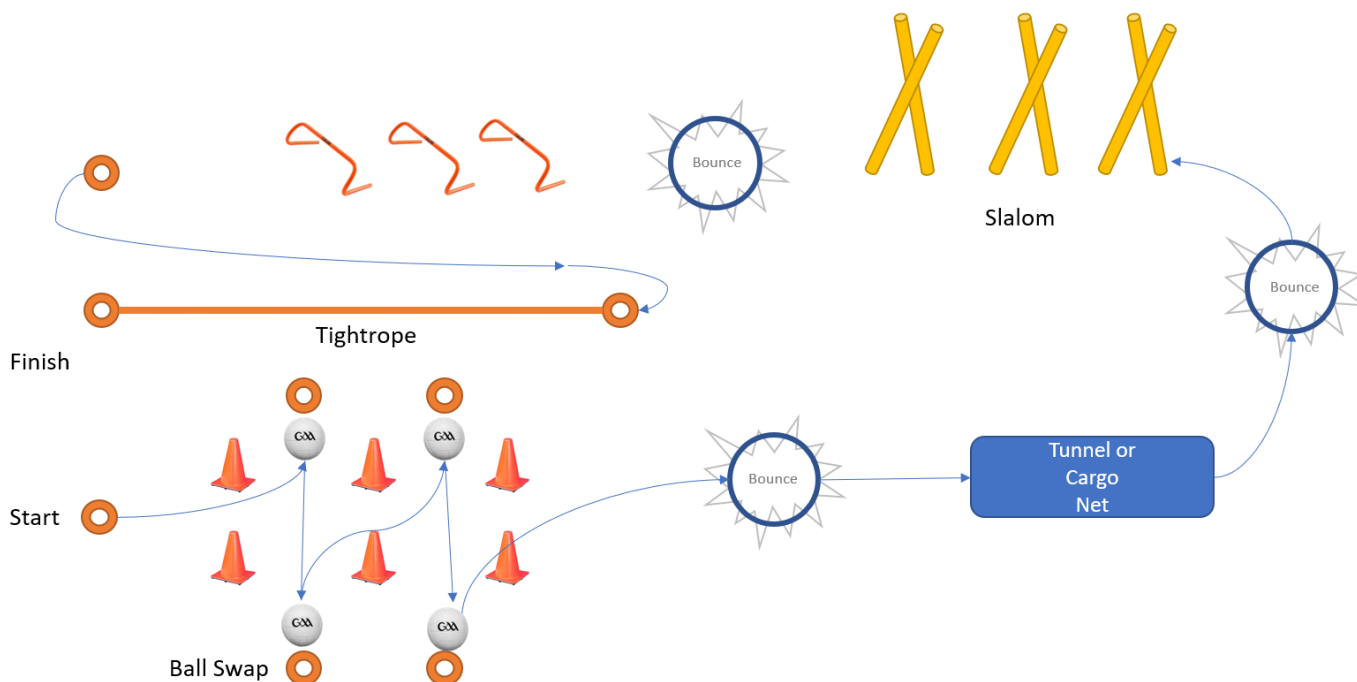


fig.1

## AGILITY & COORDINATION

### DRILLS

#### UNDERS & OVERS

This exercise to develop agility and coordination skills and is suitable for ages 4-6 yrs



#### Equipment

10 posts      6 Hoops      4 hurdles

#### Organisation

##### Stage 1

Set up drill area as per fig.1 below

Player 1 goes under the posts and 'Tags' player 2 and takes their position in the ring 2 while player 2 goes under the next posts and 'Tags' player 3 and so on until player 6 is tagged and joins the cue at the starting gates.

Once player 1 has left ring 1, player 7 enters the circuit into ring 1.

On the Mentors prompt player 7 starts the next wave of 'Tags' by going under the cones to 'Tag' player 1.

##### Stage 2

As per stage 1 but instead of a 'Tag', each player carries a football and hands it to the next player, like a baton in a relay race

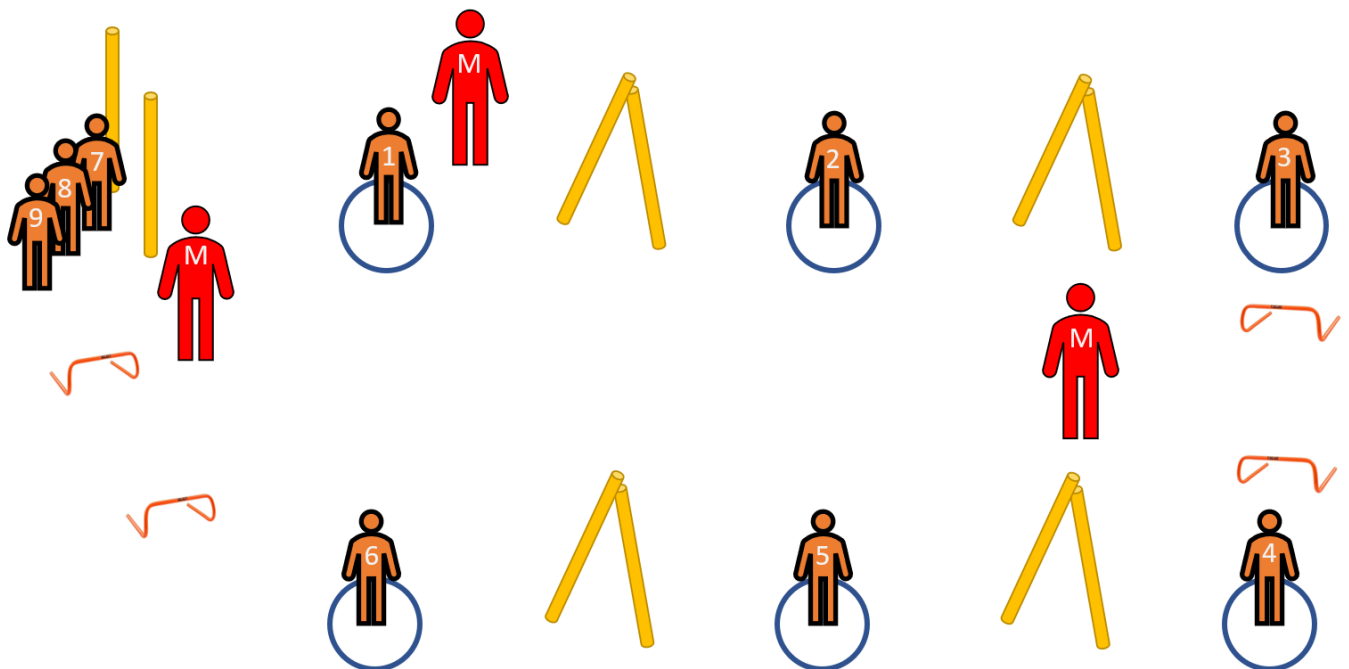


fig.1

**Stage 3**

Drill area adjusted as per fig.2 below and posts are straightened

Drill activity as per stage 2 but instead of going under the posts, each player bounces the ball as they go through the posts or in between hurdle jumps.

**Stage 4**

Stage 4 can be introduced once players have been taught how to hand-pass (Block 2 or 3)

As per stage 3 but instead of 'passing the baton' they hand-pass the ball to the next player.

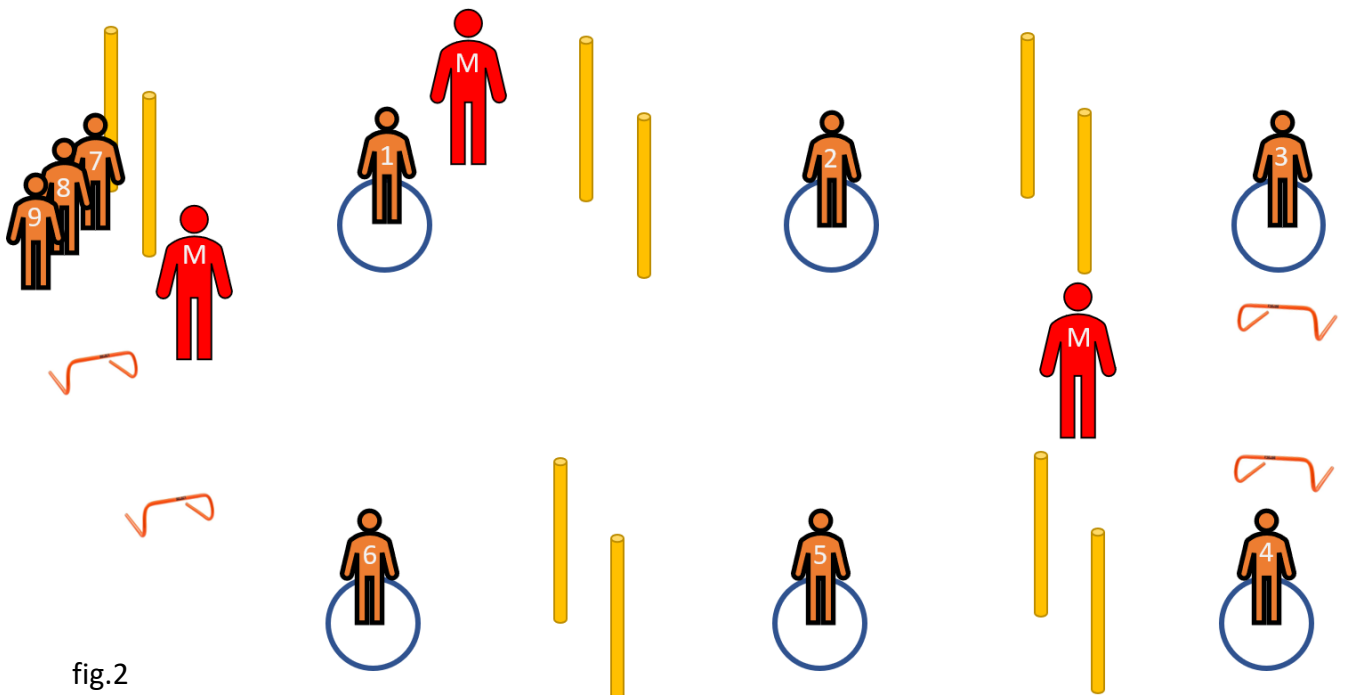


fig.2

## AGILITY & COORDINATION

### DRILLS

#### **AVOID THE MINES**

This exercise to develop agility and coordination skills and is suitable for ages 4-6 yrs



#### **Organisation**

Set up the playing area as per fig.1 below.

Place lots of obstacles or domes – mines - inside the playing area

Divide the players into 4 groups, one at each side of the playing area

The players must dodge the 'mines' and other players as they travel from one side of the playing area to the other

Gradually increase the number of teams travelling at the same time

Vary the exercise by getting the players to move through the grid sideways or backwards or bouncing a ball as the move

#### **Key Points**

Ensure the players have enough room to move around safely

No pushing or bumping

#### **Equipment**

Cones, posts & footballs



fig.1



## AGILITY & COORDINATION

### DRILLS

#### **MIRROR MIRROR**

This exercise to develop agility and coordination skills and is suitable for ages 4-6 yrs

#### **Organisation**

The players work in pairs, with one player in each pair designated the leader  
The second player must copy the movements of the leader  
Switch the roles after a set time and then mix up players with different partners

#### **Key Points**

Watch the leaders movement, not their eyes, to quickly copy their actions  
No pushing or bumping

#### **Equipment**



fig.1

## AGILITY & COORDINATION

### DRILLS

#### **MINE TAG**

This exercise to develop agility and coordination skills and is suitable for ages 4-6 yrs



#### **Organisation**

Place different coloured caps or domes around the playing area

Challenge the players to touch 3 caps of the same colour in succession

Then challenge them to touch 3 different coloured caps in succession

Give each player a ball to carry while completing the drill, encourage players to bounce ball or throw and catch ball as they travel through the course

#### **Key Points**

Ensure the players have enough room to move around safely

Touch the caps with the toes before moving quickly to the next cap

#### **Equipment**

Coloured cones

Footballs



## AGILITY & COORDINATION

### DRILLS

#### **BODY BALANCE**

This exercise to develop agility and coordination skills and is suitable for ages 4-6 yrs



#### **Squat Balance**

The players raise their hands out to the front and squat down by bending their knees  
Raise the hands above the head and stand up on the toes  
Repeat the sequence with their eyes closed

#### **Key Points**

Lean slightly forward but keep the head up  
Do not bend the knees beyond 90 degree



#### **Body Balance**

The players balance on their hands and feet  
On all fours lift one arm up and out to the front, then the other  
Now lift one leg off the ground, then the other  
Lift the opposite arm and leg at the same time and vice versa  
Finally lift the arm and leg at the same side and vice versa

#### **Key Points**

Make each movement at a slow steady pace



#### **Tightrope**

The players walk a rope placed along the ground  
Challenge them to walk the rope backwards or sideways

#### **Key Points**

Stand Upright  
Raise your arms to the sides to help maintain your balance



#### **Flamingos**

The players stand on one leg

#### **Key Points**

Stand Upright  
Raise your arms to the sides to help maintain your balance



#### **1-2-3 Freeze**

One player acts as a 'caller' with their back to the rest of the players  
The 'caller' gives a signal for the other players to move forward  
They then call out '1, 2, 3 Freeze and turn around  
Any player they catch still moving is out

#### **Key Points**

The players must remain alert to react to the signal  
Focus on balance when stopping



## BALL SENSE

### CORE SKILLS DRILLS - CATCH

#### HUNGRY CHICKS

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Set up drill area as per fig.1

Players face the mentor with 'hands out' & 'fingers out' ready to catch

The mentor throws the ball to each player in turn who catches the ball and throws it back.

After a period of time the mentor randomly throws the ball to players so they have to be paying attention and be ready at all time to receive the ball.

Increase or decrease the level of difficulty by increasing or decreasing the size of the circle.

#### Key Points

Encourage player to keep hands and fingers out to await pass

Encourage players no to close eyes when the ball comes close

#### Equipment

Coloured cone per player

Football

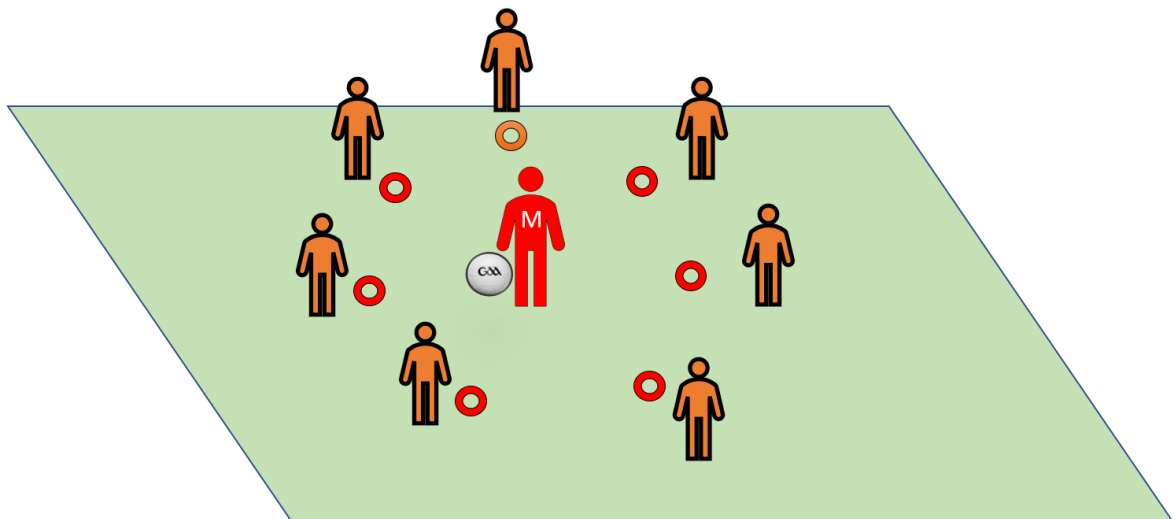


fig.1

## BALL SENSE

### CORE SKILLS DRILLS - CATCH

#### PARTNER THROW & CATCH

This exercise to develop core ball skills and is suitable for ages 4-6 yrs

#### Organisation

The players work in pairs a short distance apart

Throw the ball to one another using a two-handed under arm throw

Begin with a big ball before progressing to a small ball

#### Key Points

Throw the ball between chest and head high

#### Equipment

Footballs



## BALL SENSE

### CORE SKILLS DRILLS – HAND PASS

#### **KNOCK THE CAP**

This exercise to develop core ball skills and is suitable for ages 4-6 yrs

#### **Organisation**

Set up a cone or a cap as a target

The players roll the ball to hit and knock the target

#### **Key Points**

Use a big ball and a two-handed technique to begin before progressing to a one-handed technique with a smaller ball

#### **Equipment**

Coloured ground marker cones

Footballs



## BALL SENSE

### CORE SKILLS DRILLS - BOUNCE

#### BALL FOR A WALK

This exercise to develop core ball skills and is suitable for ages 4-6 yrs

#### Organisation

Each player has a ball

Bounce the ball after every 4 steps while moving around the playing area

Use a two-handed bounce; then progress to a one-handed bounce

Finally dribble bounce the ball continuously while moving around the playing area; use two hands at first and then one hand

Key Points

#### Key Points

Using the fingers push down through the ball to bounce it

When using a one-handed bounce step forward with the leg on the opposite side

#### Equipment

Football per player



## BALL SENSE

### CORE SKILLS DRILLS - KICK

#### KICK PROGRESSIONS

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

##### 1. BALL DROP

Start with the players holding the ball with two hands. Hold both arms out straight and release hands to let ball drop to the ground. Pick up ball and repeat.

Progression of this is to get players to hold the ball in one hand. Hold the arm out straight and let the ball roll off the hand and drop to the ground. Repeat with both hands.

##### 2. STATIC KICK

Players step one foot forward (split stance), hold ball out with either one or two hands as above. Release ball and kick with the back foot. Repeat for both feet and both hands.

##### 3. WALK & KICK

Players walk slowly holding ball out in front of them. Release ball and kick mid stride (without stopping).

##### 4. JOG & KICK

Players jog forwards holding ball out in front of them. Release ball and kick mid stride (without stopping).

#### Key Points

Kick with back foot

Let ball fall or roll from hands, do not throw

#### Equipment

Football per player



## BALL SENSE

### CORE SKILLS DRILLS

#### PARTNER KICKS

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Set up drill areas as per fig.1 below

Players are arranged in pairs

Each pair has a football

Players try to kick the ball to each other

Rotate player pairings

Use the various kick progressions from the 'Kick Progressions' drill

#### Key Points

Kick with back foot

Let ball fall or roll from hands, do not throw

#### Equipment

2 Marker Cones per pair

Football per pair

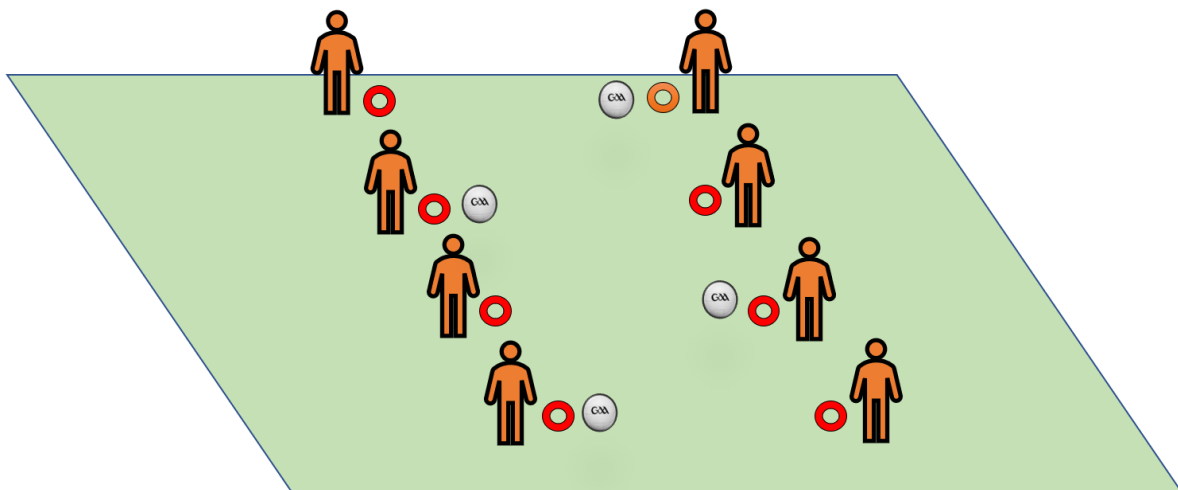


fig.1

## BALL SENSE

### CORE SKILLS DRILLS

#### SCORE KICK PROGRESSIONS

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Set up drill areas as per fig.1 below

Each player has a football

#### 1. FROM GROUND

Players place the ball at the penalty spot

Players attempt to kick the ball on the ground to score a goal

#### 2. FROM THE HAND - STATIC

Players kick the ball from a static position toward goal

#### 3. FROM THE HAND - WALKING

Players kick the ball toward goal while walking. Attempt to kick ball mid-stride

#### Key Points

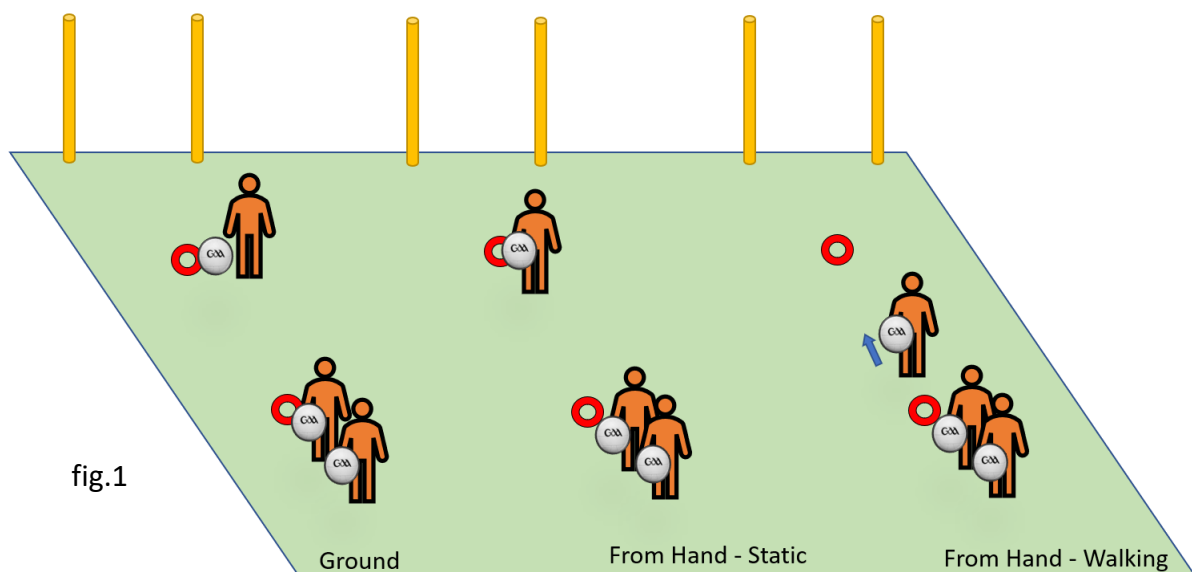
Kick with back foot

When kicking from the hand, let ball fall or roll from hands, do not throw

#### Equipment

6 posts, 3 Marker Cones

Football per player



## BALL SENSE

### CORE SKILLS DRILLS - CATCH

#### PIGGY IN THE MIDDLE

This exercise to develop core ball skills and is suitable for ages 4-6 yrs

#### Organisation

The players spread out around the playing area

One player is designated the 'piggy in the middle'

The other players pass the ball around attempting to keep it away from the 'piggy in the middle'

If the ball is dropped or intercepted the player who missed the catch or attempted the pass becomes

the new 'piggy in the middle'

#### Key Points

Ensure the players have enough room to perform the exercise safely

#### Equipment

Football per group



## BALL SENSE

### CORE SKILLS DRILLS – BOUNCE & CATCH

#### BOUNCE CATCH BOUNCE

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Divide players into even groups per Mentor

Players line up behind a cone.

Mentor stands approx. 5m in front of que.

Mentor overhand throws the ball so that it bounces half way between the mentor and the player so it lands at the player to catch.

Once the player catches or retrieves the ball they walk toward the mentor, bounce the ball once, pass the ball back to the mentor and then return to the que.

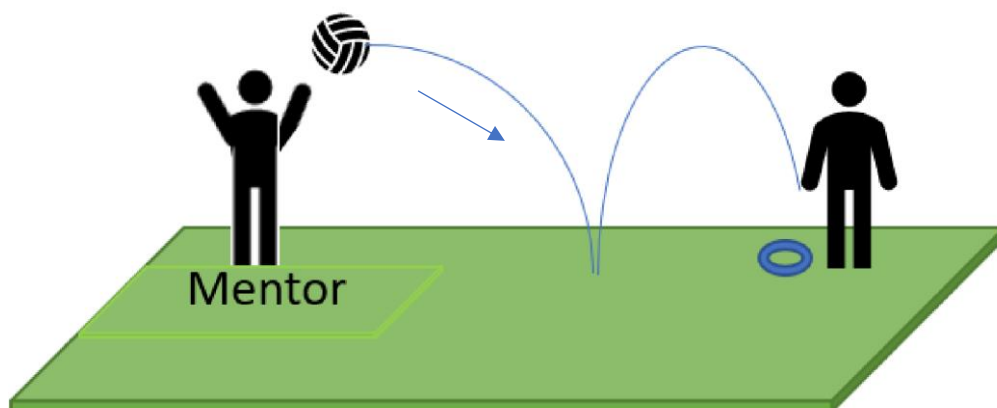
Note players can either throw or hand pass the ball depending on ability.

#### Key Points

Ensure the players have enough room to perform the exercise safely

#### Equipment

1 football & 1 Marker Cone per Mentor



## BALL SENSE

### CORE SKILLS DRILLS – LIFT

#### ROLL PARTNER PICK UP

This exercise to develop core ball skills and is suitable for ages 4-6 yrs

#### Organisation

The players work in pairs approximately 5 metres apart

Roll the ball to your partner using two hands

The partner allows the ball to roll up their hands to take possession

Progress to roll the ball using a one-handed underhand throw

The receiver may catch the ball with both hands

#### Key Points

Ensure the players have enough room to perform the exercise safely

Place one foot alongside the ball; bend the back to lift

Place the hands on the ground facing up to receive the ball

#### Equipment

1 football & 2 Marker Cones per pair



## BALL SENSE

### CORE SKILLS DRILLS – LIFT

#### LIFT, ROLL & DROP

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Position the players along a line; each player has a ball

The players roll the ball away before running in front of the ball and letting it roll up the hands into the arms

#### Key Points

Ensure the players have enough room to perform the exercise safely

Place one foot alongside the ball; bend the back and place the hands on the ground facing up to receive the ball

#### Equipment

1 football & 2 Marker Cones per pair



## BALL SENSE

### CORE SKILLS DRILLS – Kicks

#### EMPTY THE NEST (Kicks)

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Set up the drill area as per Fig.1

Divide players into even groups

Place an even amount of footballs in each group area

On the Mentors whistle the players try to keep ball out of their area by kicking them out of their hand into the other groups area.

Group with the least amount of footballs at the end are the winners.

Mix up the groups and repeat.

#### Key Points

Kick with back foot

When kicking from the hand, let ball fall or roll from hands, do not throw

#### Equipment

1 football per player

10 Ground marker cones per team

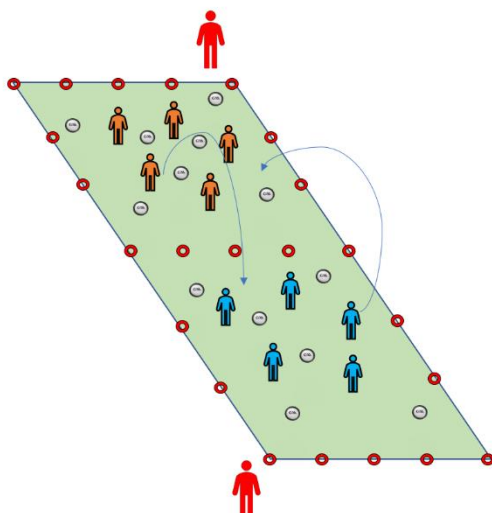
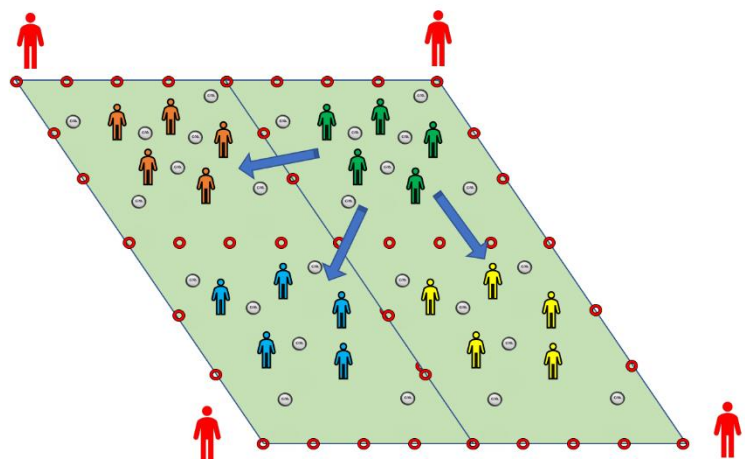


fig.1

2 team



4 team

## BALL SENSE

### CORE SKILLS DRILLS – Hand Pass

#### AROUND THE SQUARE

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Set up the drill area as per Fig.1

Divide the players into groups as per below (*instructions are for group of 5 with one ball*)

Mark out a grid approximately 5 to 8 m square

Two players are positioned at one cone; the first with a ball

One player is positioned at each of the other cones

Each player in turn fist passes the ball to the next player, following their pass to the next cone

#### STEP Variation

To increase the difficulty; Increase the size of the grid and add a bounce

#### Key Points

The outside hand should be used to pass the ball

After a set time change the direction of the drill; the other hand should now be used to pass the ball

#### Equipment

1 or 2 footballs

Ground Marker Cones

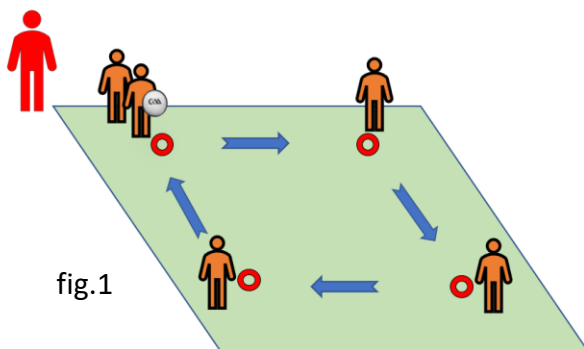
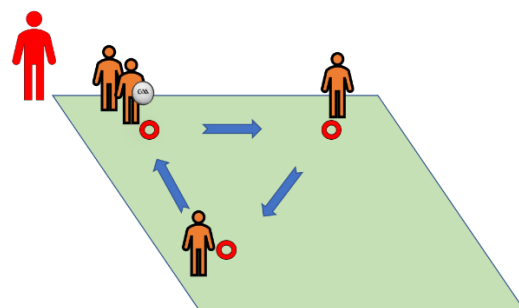
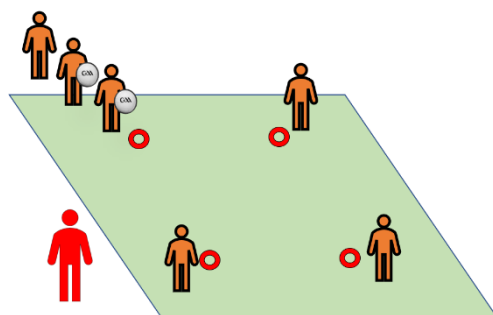


fig.1

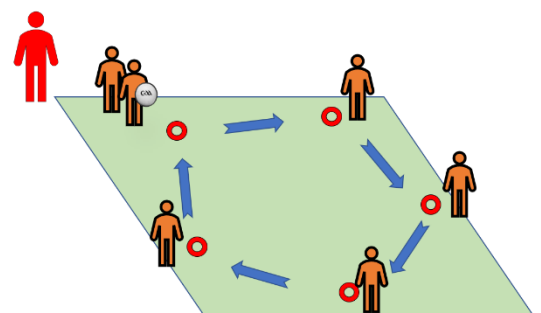
Group of 5



Group of 4



Group of 6(a)



Group of 6(b)



## BALL SENSE

### CORE SKILLS DRILLS – LIFT

#### LIFT RELAY 1

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Set up the drill area as per Fig.1

Player with the ball rolls the ball out in front of them and then runs after it, picks it up and passes the ball to the next player.

Start the drill with players handing the ball to each other, like passing a baton

Increase difficulty by players underhand throwing the ball to the next player

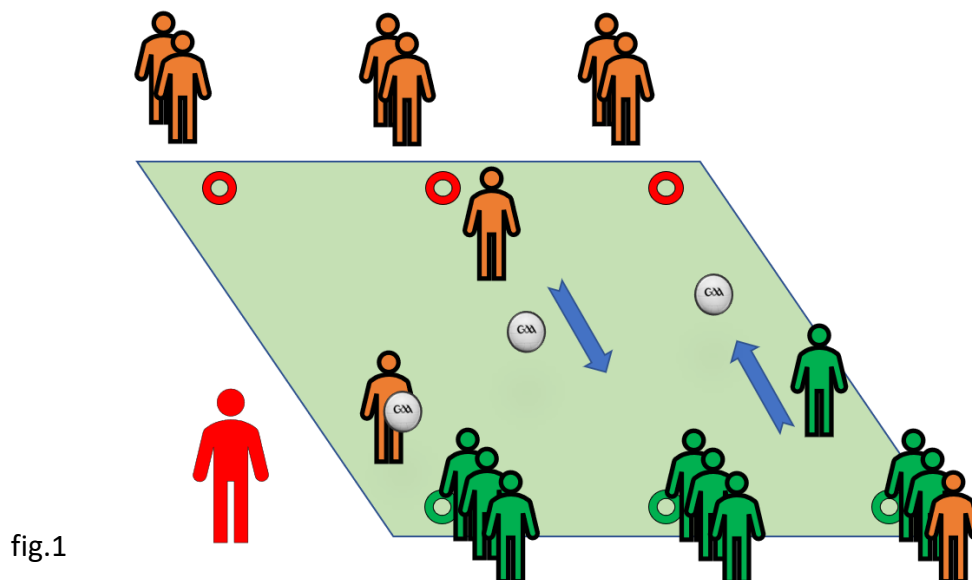
Finally include a hand pass to the next player

#### Key Points

Place one foot alongside the ball; bend the back

#### Equipment

1 football & 2 Ground Marker Cones per group



## BALL SENSE

### CORE SKILLS DRILLS – CATCH

#### NEST EGGS

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Set up the drill area as per Fig.1

Ensure to use pairs of ground marker cones with the same colours

Divide players into groups of 6 players who stand at the cones as per fig.1

Players at similar coloured cones are to underhand throw the ball to each other

All players throw the balls at the same time, not taking turns

Variant;

Add a bounce before each throw

#### Key Points

Occasionally move players around to the next cone so they are throwing to different partners

#### Equipment

3 footballs & 3 pairs of Ground Marker Cones per group

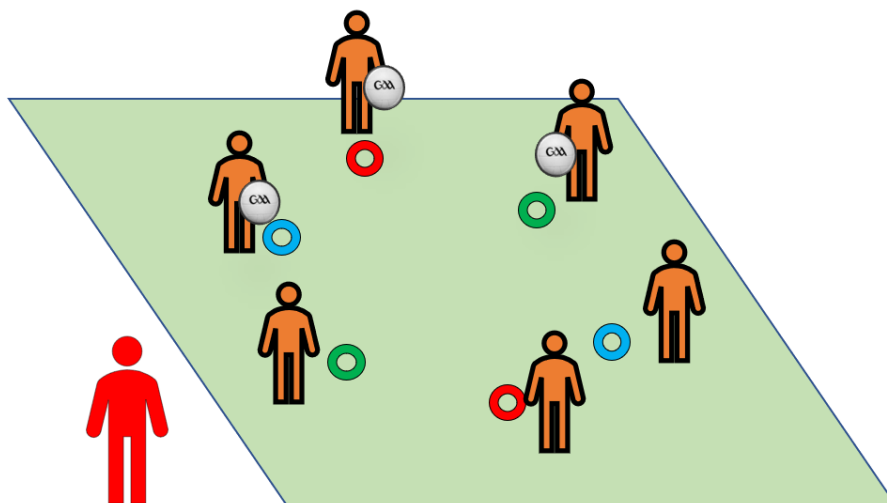


fig.1

## BALL SENSE

### CORE SKILLS DRILLS – CATCH

#### FIRST BOUNCE

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Each player has a ball and kneel on the ground

- a. Bounce and catch the ball with two hands
- b. Bounce with right hand
- c. Bounce with the left hand
- d. All three above in sequence; Two hands, right hand & left hand

Once the above is repeated a sufficient number of times get players to stand up and begin the drill from the start.

#### Key Points

When standing, encourage players to bounce ball hard enough that the ball comes back to them while standing tall rather than bending doing and doing a soft bounce.

#### Equipment

1 football per player

## BALL SENSE

### CORE SKILLS DRILLS – CATCH

#### BOUNCE SLALOM

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Set up drill area as per fig.1

Mentor throws the ball to the first player in the line

Player attempts to run through the slalom while bouncing the ball

Once they reach the end the player returns the ball to the next mentors ball pile and joins the next line

#### Key Points

When player is half way through the slalom, start the next player

Encourage players to practice bouncing with both hands and single handed with left and right hands

#### Equipment

8 posts, 2 ground marker cones, at least 6 footballs

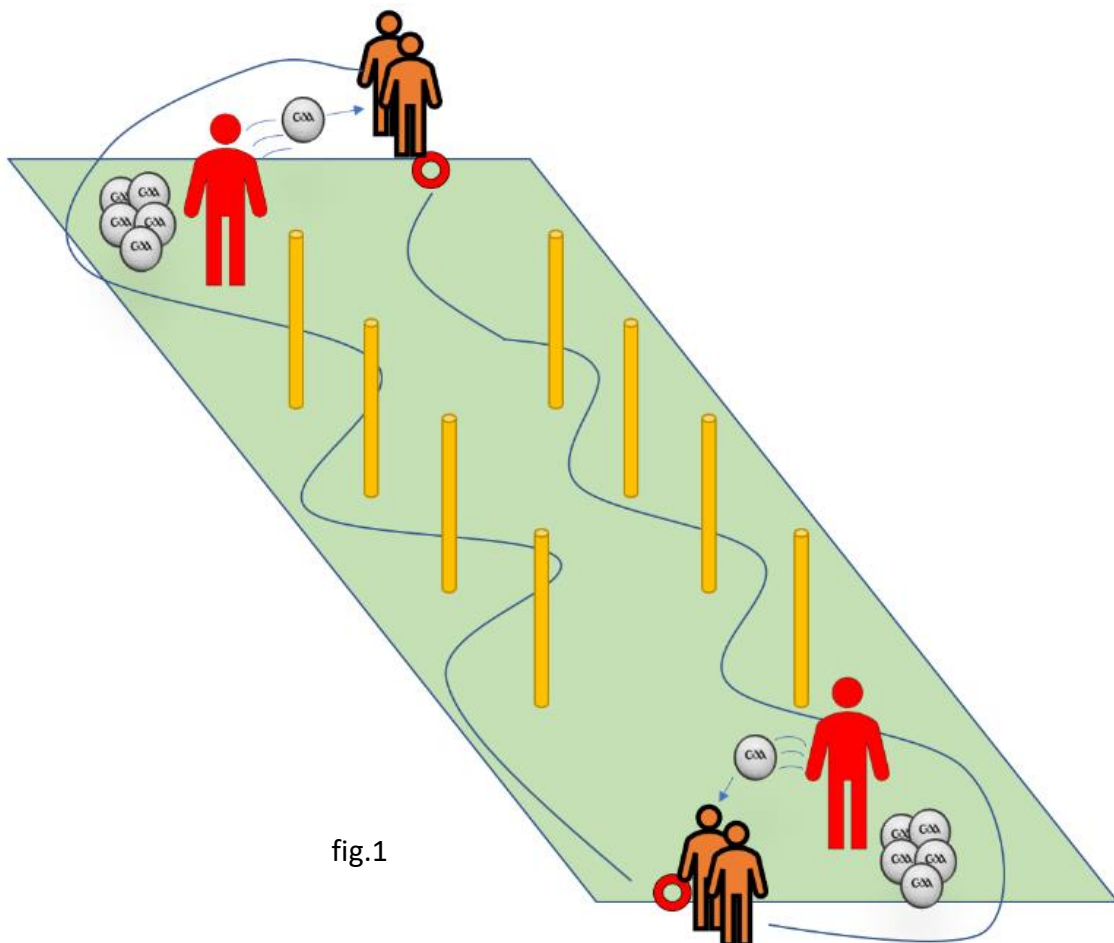


fig.1

## BALL SENSE

### CORE SKILLS DRILLS – LIFT

#### LIFT RELAY 2

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Set up the drill area as per Fig.1

Mentor advises which players are starting the drill

On the Mentors whistle the starting players run toward the ball at the first cone and lift it up

Once at the second cone the put the ball back down and run to tag the player in the next group and

then join the back of that que

Variant;

To increase drill speed place a ball at each centre cone and have both sides in action at the same time (refer fig.2)

#### Key Points

#### Equipment

4 ground marker cones per group

1 or 2 footballs per group

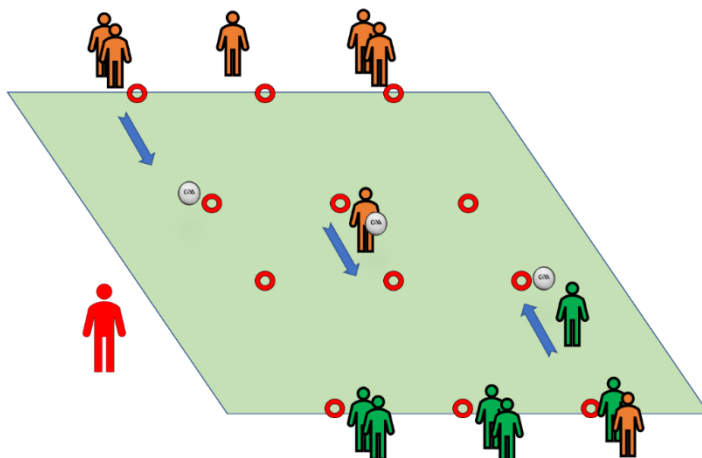


fig.1

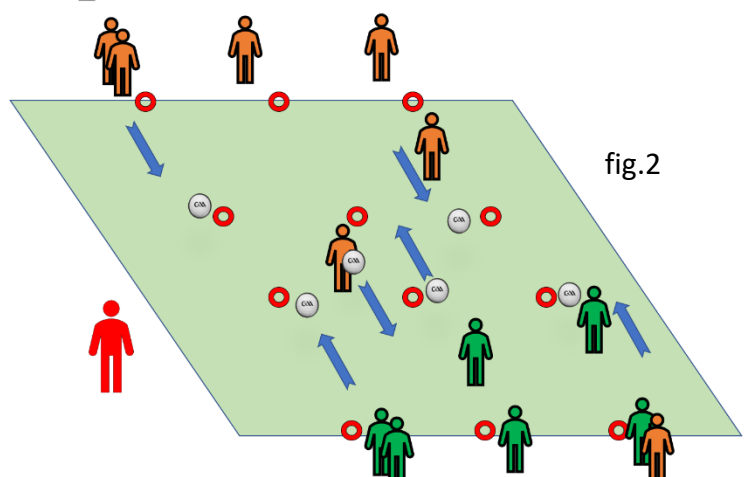


fig.2

## BALL SENSE

### CORE SKILLS DRILLS – LIFT

#### PRESSURE LIFT

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Set up the drill area as per Fig.1

Mentor rolls the ball into play and blows the whistle

On the Mentors whistle the two players run toward the ball and try to be the first to lift the ball

Once a player has lifted the ball, he/she returns the ball to the pile and return to the que

Place a mentor at the rear of the que to mix the players up as they return so they compete against a different person each time

#### Key Points

If there is a younger player give them a head start to even up their chance of being first to the ball

#### Equipment

1 ground marker cone per group

Min 2 football per group

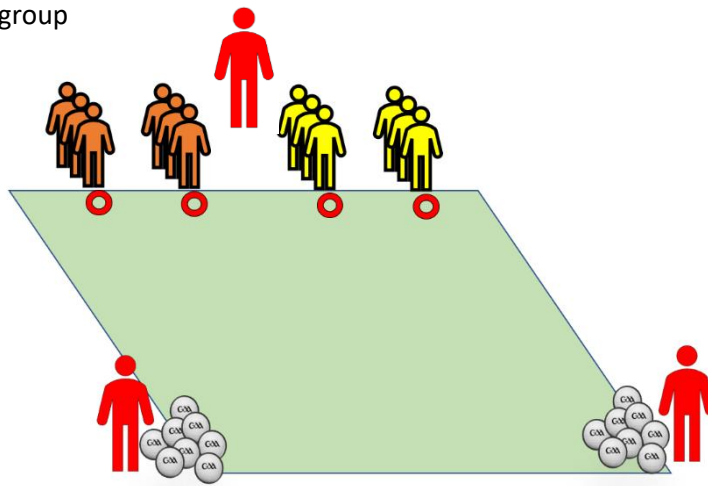
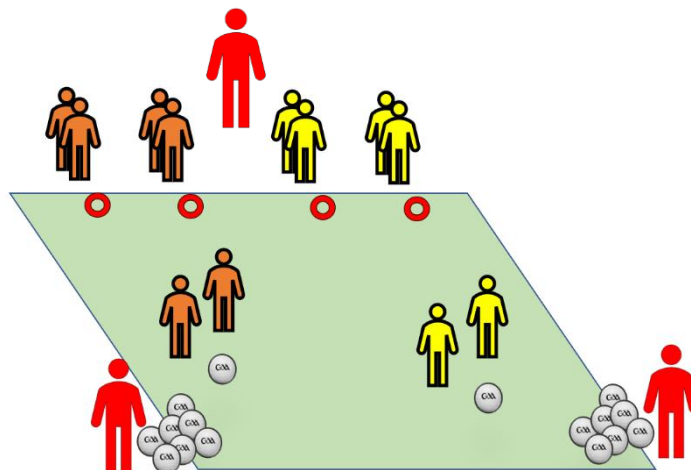


fig.1



## BALL SENSE

### CORE SKILLS DRILLS – HAND PASS

#### MINEFIELD BALANCE

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Set up the playing area as per fig.1 below.

Place lots of obstacles or domes – mines - inside the playing area

Divide the players into 4 groups, one at each side of the playing area

Players attempt to balance the ball on one hand, like a cup on a tray, and make their way through the mine field while avoiding the ‘mines’ and other players as they travel from one side of the playing area to the other

Gradually increase the number of teams travelling at the same time

#### Key Points

Ensure the players have enough room to move around safely

No pushing or bumping

Splay fingers out to help hold the ball in place

Hold ball away from body



#### Equipment

Cones, posts & footballs



fig.1



## BALL SENSE

### CORE SKILLS DRILLS – HAND PASS

#### STATIONARY PASS

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Set up the playing area as per fig.1 below.

Divide the group into pairs; one ball per pair

Ensure each pair has adequate space to perform the technique in a stationary position

Players stand approximately 3 metres apart

Each player in turn fist passes the ball to their partner

The routine is continued for approximately 1 minute

#### STEP Variation

Space – To increase the difficulty; Increase the distance between the players

#### Key Points

Remember both left and right hands should be used to practice the fist pass

#### Equipment

Cones, posts & footballs

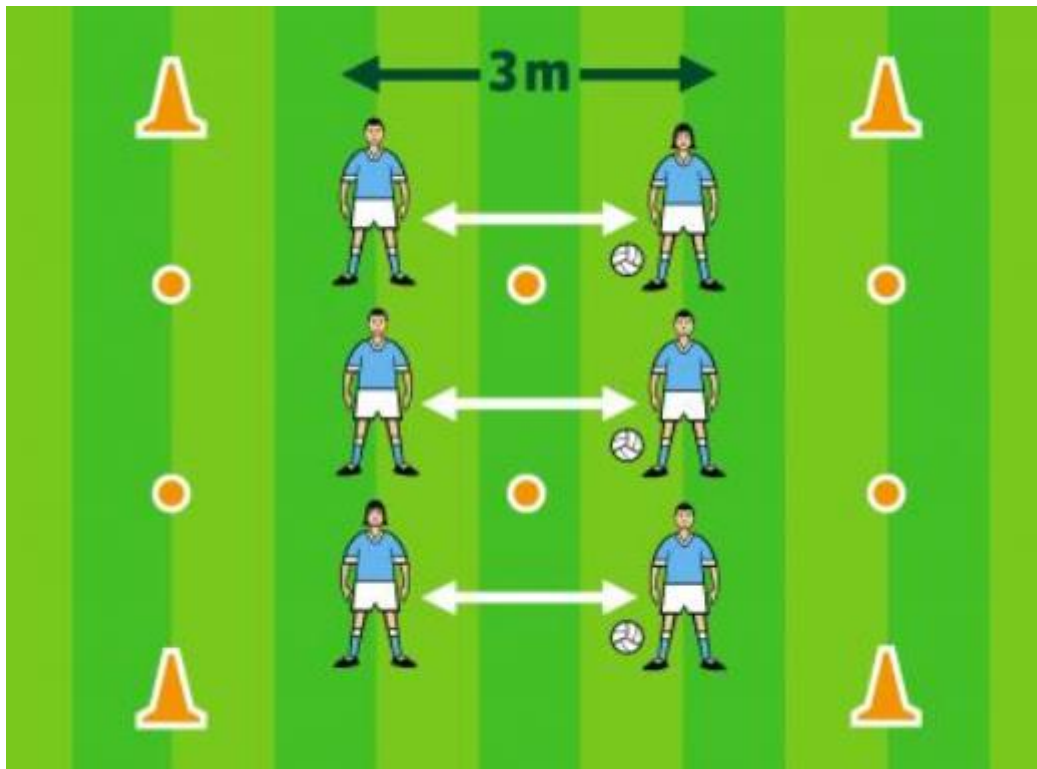


fig.1



## BALL SENSE

### CORE SKILLS DRILLS – HAND PASS

#### HUNGRY CHICKS 2

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Set up drill area as per fig.1

Each player at a cone has a football

The player in the centre does not have a football

Each player in turn hand passes the ball to the centre player who passes it back to them.

Each player should have a turn as the centre player

Increase or decrease the level of difficulty by increasing or decreasing the size of the square.

#### Key Points

Encourage players to keep hands and fingers out when awaiting the pass

Encourage players no to close eyes when the ball comes close

Players should attempt to pass with both hands

#### Equipment

4 ground marker cones

4 footballs

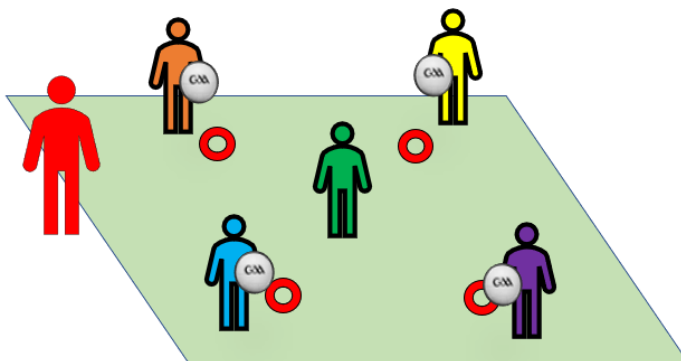
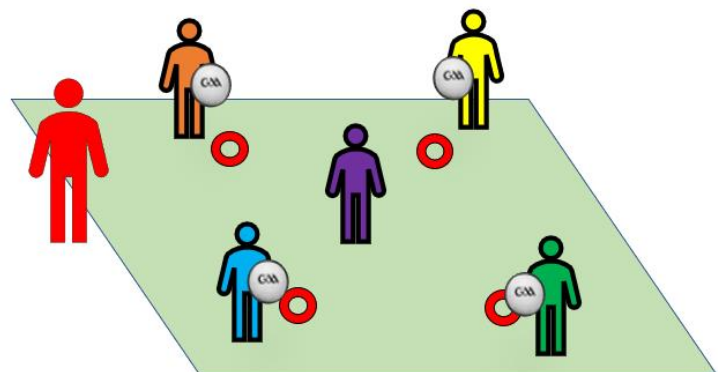


fig.1



## BALL SENSE

### CORE SKILLS DRILLS - CATCH

#### Time Bomb

This exercise to develop core ball skills and is suitable for ages 4-6 yrs



#### Organisation

Set up drill area as per fig.1

Each group has one football which they throw and catch with each other

#### Game 1. – Count Up Count Down

'Count Up' how many successful catches are made while the Mentor 'Counts Down' from 20

The group should all count out loud together each time a catch is made

#### Game 2 – Time Bomb

Players throw and catch the ball with each other while the Mentor counts down from 20

The Mentor should only call out the countdown in intervals of 5

When the count down is complete, the bomb goes off and the last player with the ball is 'out' and sits down. The game continues until only one player in each group is left

Variant;

Increase the difficulty of each game by using 2 balls at the same time

#### Key Points

Encourage players to keep hands and fingers out when awaiting the pass

Encourage players no to close eyes when the ball comes close

#### Equipment

1 ground marker cone per player

1 football per group

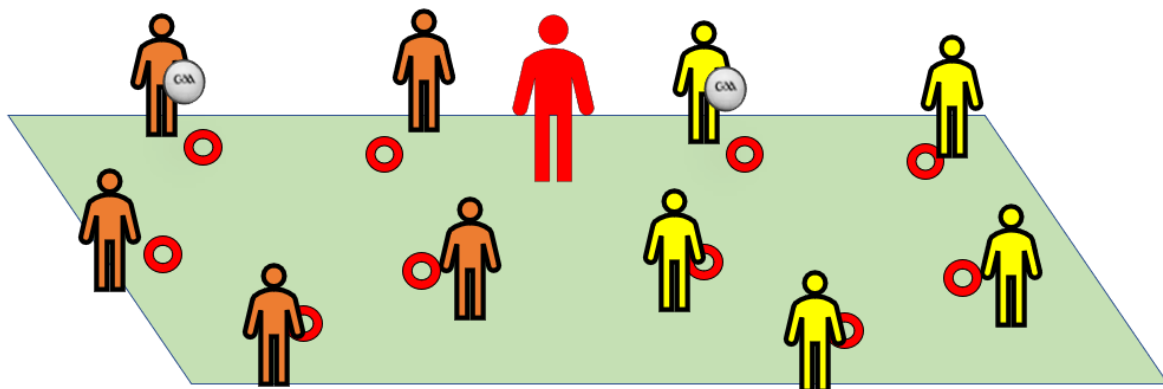


fig.1