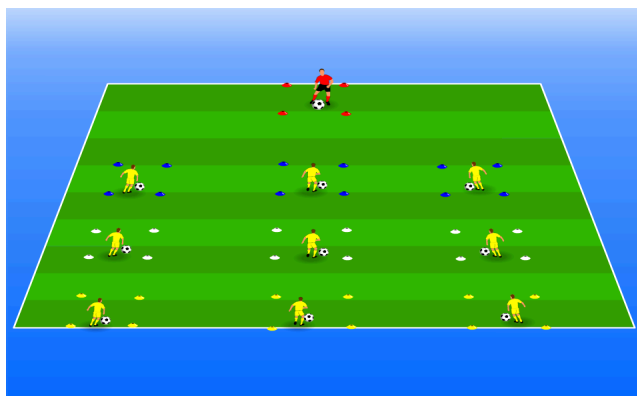




REBOOTING FOOTBALL



AIS Level B Guidelines: Small groups (no more than 10 athletes/staff in total); 1.5m social distancing; activities must be non-contact

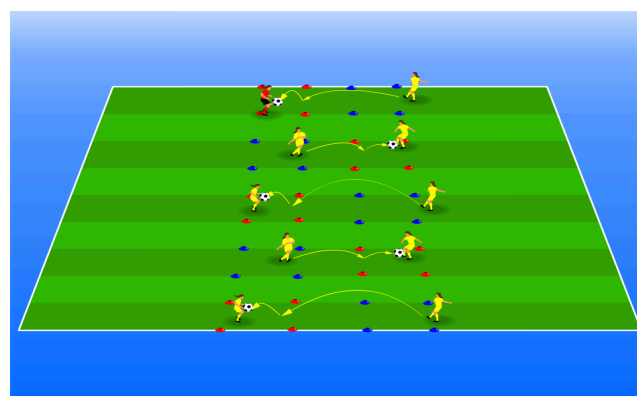


Activity #1: 'Tekkers grid'



-  Create 4m x 4m grid per player; each with a ball
-  Instruct/demonstrate a skill for players to practise within grid

Progressions/variations:




-  Instruct players to dribble within their 4m x 4m grid to spell: their name; favourite team/food/colour; month of birth, etc.
-  Juggle within grid (cater for all abilities)

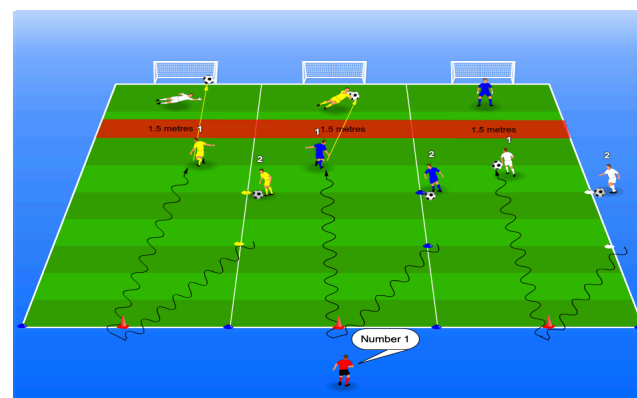


Activity #2: 'Football tennis'




-  Create 4m x 4m grids with 1.5m spaces between grids
-  Rules: 1 bounce; unlimited touches (modify to cater for all)

Progressions/variations:


-  Change the size of the ball: football size 5; 4; or, 3.
-  Make it co-operative: Longest rally between pairs
-  Make it competitive: 'King/Queen of the court'

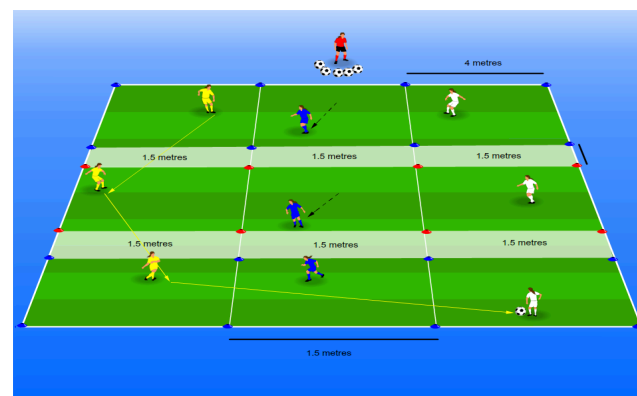


Activity #3: 'Shooting relay'






-  Create 3 teams of three; position players & GKs as illustrated
-  Coach calls out number "1" or "2"
-  Player from each team (1 or 2) to run with the ball around their marker on top of grid then shot before 1.5 metre zone

Scoring system:

-  2 points for first player to score; 1 point for any goal scored; 1 point for a save by goalkeeper (rotate role of GKs)

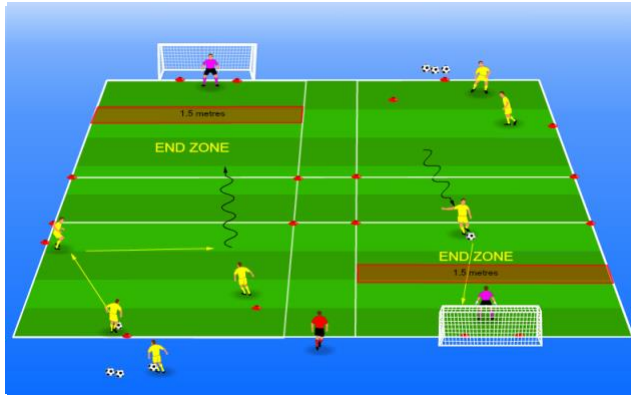


Activity #4: 'Cross the mines'

-  Create 4m x 4m grids with 1.5m spaces between grids
-  Split group into three equal teams (3 x 3)
-  Teams on outside combine and play the ball 'cross the mines' to the opposite side for a point.
-  Defenders (middle team) get a point for intercepting
-  Swap the role of middle team frequently

REBOOTING FOOTBALL






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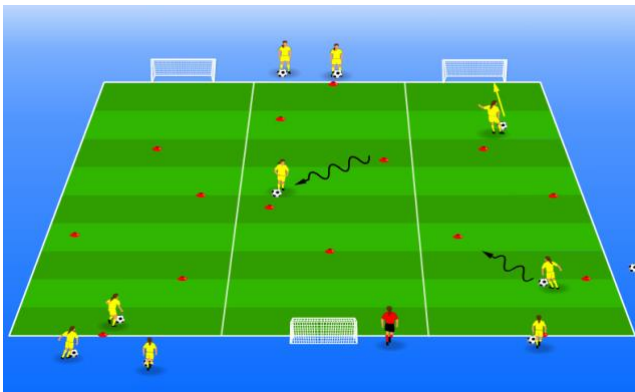


Andrew Kentepozidis | Football Victoria



Activity #1: Build up





-  Split players into two areas and spread players evenly
-  In groups of three, players will pass the ball in sequence before one player must drive into the end zone to score
-  3 points for goal in corners; 1 for a goal; 1 point for GK save
-  Attacker cannot enter 1.5m zone
-  Progression: Create a race between the two areas

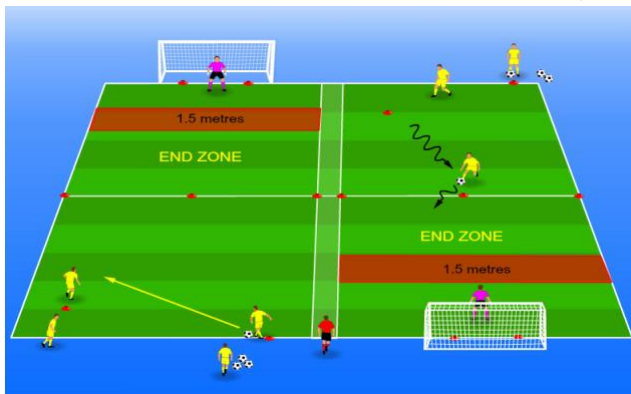


Scott Grimshaw | Football Queensland



Activity #2: Zig Zag






-  Split players into three areas and layout cones in a zig zag
-  Attackers will zig zag with the ball and perform a 1v1 skill move (i.e. scissor, outside cut, Ronaldo chop) at each cone
-  After dribbling beyond the final cone, players will score in mini goal placed at the end of area, then join the next area
-  Ensure ALL players are active and involved (i.e. next player starts once first player has reached second cone)

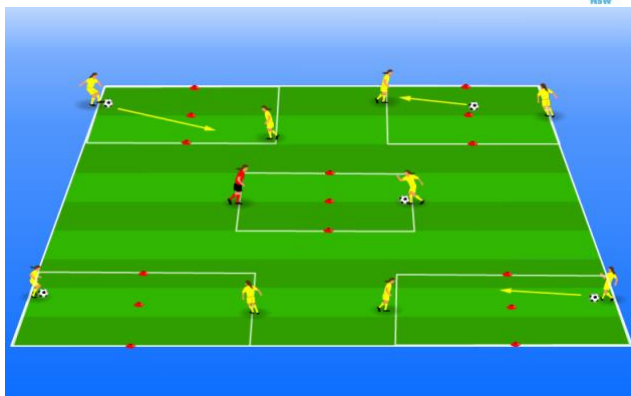


Brian Dene | Football NSW



Activity #3: Take it on





-  Create two areas with goals and spread players evenly
-  Player will pass ball into attacker who will take positive first-touch and use 1v1 skills (i.e. stepover, feints) to get past central cone and enter end-zone to score past goalkeeper
-  3 points for goal in corners; 1 for a goal; 1 point for GK save
-  Attacker cannot enter 1.5m zone
-  Players follow their pass and attacker moves into other area



Andrew Kentepozidis | Football Victoria

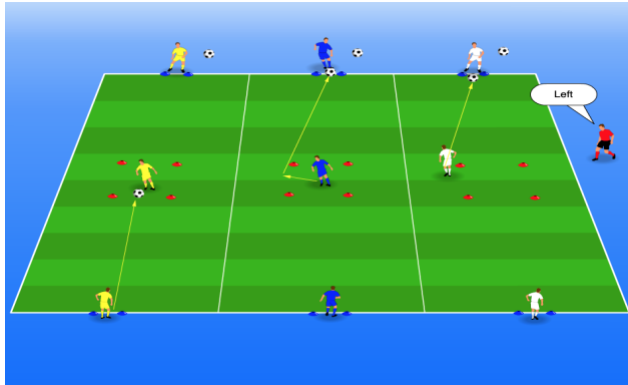


Activity #4: Split the gap

-  Split players into pairs and set up areas as shown
-  Pairs pass between them as the ball must go through a different gap (as marked by cones) after each pass
-  When passing the ball, the player gives their pair a number of touches that they can take before they must pass the ball back (i.e. two-touch)
-  Progression: Make a competition between the group as to who can complete the most passes successful (i.e. using one-touch)

REBOOTING FOOTBALL

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Alec Wilson | Football South Australia

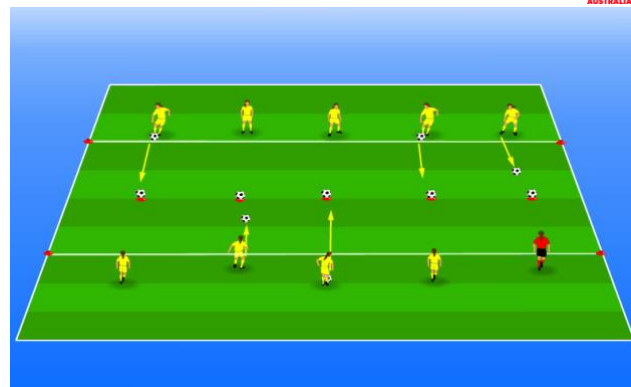


Activity #1: First touch grid

- Create 3 groups of three; 2m x 2m grid in the middle
- Player on end passes to middle player who takes first-touch sideways out of the grid and pass it back with second touch

Progressions/variations:

- Receive from bottom player and return pass to top player
- Coach to add challenge: "left", "right", "return pass," etc

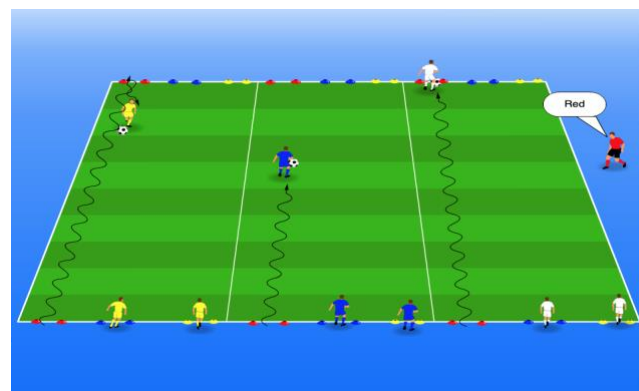


Northern NSW Football



Activity #2: 'Football Marbles'

- Place balls on top of cones in the middle of a small area
- Players will stand on outside of the area 1.5m apart each other attempting to knock the balls off the cones with a pass
- Time how long it takes for a team to knock all balls off the cones and attempt to lower time in the next sequence
- Cater for all players by increasing or decreasing distance from the ball as long as there is at least 1.5m spaces



John Tambouras | Football Northern Territory



Activity #3: Relays with the ball

- Create 3 teams of three; 1.5m apart as illustrated
- Each player has their own **racing lane**: red, blue, yellow
- Coach calls out a colour & race commences to top and back
- 3 points for 1st; 2 points for 2nd; 1 point for 3rd

Progressions/variations:

- Team relays: red, blue then yellow; 1st team to finish wins
- Left foot only, right foot only, roll ball with soles of feet, etc



Garry Church | Football West

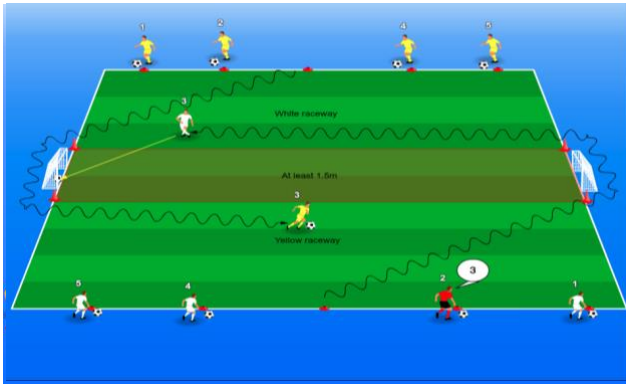


Activity #4: Through the lines

- Split players into two teams with one neutral player
- Teams will combine to play ball through the lines to find end-player. Once found, one player receives a return pass in the attacking end-zone to score in mini-goals
- Only one player can be in each area as shown and players must find another free area once they have passed the ball
- First team to score all their balls in mini-goals wins
- Cater for all players by increasing or decreasing distances between players as long as there is at least 1.5m spaces

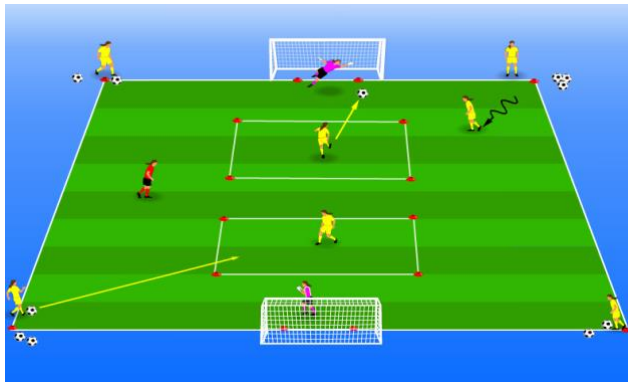
REBOOTING FOOTBALL

AIS Level B Guidelines: Small groups (no more than 10 athletes/staff in total); 1.5m social distancing; activities must be non-contact



Activity #1: Raceway to score!

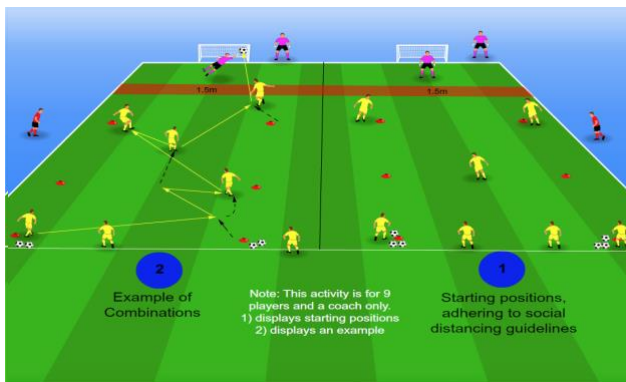
- Create 2 teams of 5, including the coach, and split them on opposite sides, adhering to 1.5m social distancing guidelines
- Each player is given a number. Coach calls out a number, e.g., "3"
- Players (#3s in this case) run around the goal on their right-hand side as shown and score in opposite mini-goal
- First player to score gains a point for their team
- First team to reach 5/10 goals wins! Modify to cater for your players



Activity #2: In the mixer

- Create activity, adhering to 1.5m social distancing guidelines
- Player in corner will pass the ball into 'shooter' in the middle area who will shoot and attempt to score in corners of the goal
- 3 points for a goal in corners; 1 for a goal; 1 point for GK save
- Passer becomes 'shooter' and receives ball from other side
- Cater for all abilities. E.g. one-touch finish to stretch players

Michael Edwards | Football Tasmania



Activity #3: Combinations

- Position players as shown, adhering to 1.5m social distancing rules
- Simple passing drill and finish with strike on goal
- Passing and movement (encourage different variations)
- Once ball gets to forwards, they decide to turn and shoot, or lay off
- Develop players' habit of moving and supporting after each action
- Encourage quality passing into feet or into space and communication
- Get players to come up with their own patterns and combinations

Scott O'Donnell | Capital Football



Activity #4: Turn and go

- Create two areas with goals and areas as shown
- Player will pass the ball into attacker as middle player moves into either the left or right area as marked out
- Attacker receives the ball and turns into the vacant area and advances to score in goal past the goalkeeper
- 3 points for a goal in corners; 1 for a goal; 1 point for GK save
- Passer becomes attacker, attacker becomes middle player and middle player becomes passer. Repeat sequence