

LESSON 1: FIRST TOUCH

Make sure to watch the welcome video before going outside to start your first lesson!



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GreaterBank

30–35mins **Equipment:** 4 students per group, 8 cones per group, 1 football and 1 tennis ball per group **KEY** Run with ball Pass Run without ball

Time	Exercise	Action	Setup
5mins	First touch within the square	<ul style="list-style-type: none"> ➤ One player at either end inside their square, with one spare player behind each square. ➤ Pass ball between squares, once the ball is passed move out and rotate with spare player. ➤ Receive the ball and control it inside the square. ➤ Practice on both left and right feet. ➤ Make the square smaller to increase difficulty. 	
5mins	First touch and move	<ul style="list-style-type: none"> ➤ Receive pass and with your first touch move the ball sideways outside the square and pass it back to your partner inside their square. ➤ Rotate with spare player. ➤ Practice on both left and right feet. ➤ You can alter the distance between the squares and how you control the ball past the cone. 	
5mins	First touch and dribble	<ul style="list-style-type: none"> ➤ When you receive the ball turn in the opposite direction with your first touch behind the square. ➤ Dribble for a metre or so and then repeat using both left and right feet to pass and control. ➤ Rotate out with spare player. 	
5mins	Juggling	<ul style="list-style-type: none"> ➤ Juggle the ball on your feet keeping it up off the ground using only your feet. ➤ This is a great way to build confidence in your first touch. ➤ Aim for a new record every time you juggle. ➤ One player juggles while the other counts – then swap! 	No setup required
5mins	Group Juggling	<ul style="list-style-type: none"> ➤ Juggle the ball in groups of 4. ➤ Try to use 1 or 2 touches to pass the ball to each other in the air, making sure it doesn't touch the ground. 	No setup required
5mins	Challenge: Juggling with a tennis ball	<ul style="list-style-type: none"> ➤ Juggling as you did with the soccer ball but this time use a tennis ball. ➤ Use both left and right feet when juggling. ➤ Every player has a turn and the winner is the person with the most juggles. 	No setup required

TIME TO SCORE! Highest juggling score

LESSON 2: FITNESS & PASSING

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35–40mins **Equipment:** 4 students per group, 8 cones per group, 1 football per group

KEY Run with ball Pass Run without ball

Time	Exercise	Action	Setup
5mins	Ball retrieve	<ul style="list-style-type: none"> ➤ Standing in one square, pass the ball into other square. ➤ Sprint after the ball, control it with your feet and sprint back dribbling the ball as fast as you can to the start cone. ➤ For a bit of fun, race against other teams. 	<p>← 5m → ← 10m → ← 5m →</p>
5mins	Passing	<ul style="list-style-type: none"> ➤ One player at either end inside their square, with one spare player behind each square. ➤ Pass the ball to the opposite square, and run to the back of the line at the opposite end following your pass. ➤ Practice passing using both your left and right foot. ➤ Aim between the two cones for accuracy. 	<p>← 5m → ← 5m → ← 5m →</p>
5mins	Pass with step-over	<ul style="list-style-type: none"> ➤ The first player passes the ball between the cones. ➤ The player receiving the ball must control it, then do a step-over and pass it back. ➤ After you've done that, you stay at your end and jog to the back of the line. ➤ Practice on both sides of your foot. ➤ A step over is a kick to misdirect your opponent. As you approach the ball, rather than kicking it, bring your dominant leg around the front of the ball. Then with your dominant leg, kick the ball away with the outside of your foot. 	<p>← 5m → ← 5m → ← 5m →</p> <p>See Video</p>
5mins	One-two pass	<ul style="list-style-type: none"> ➤ Dribble the ball to the opposite cones. ➤ When you approach your teammate, pass the ball between the cones to the player, receive the ball back from the player, then pass it back to the same player, who now takes it to the other end, and repeat the one-two pass. ➤ Do this in both directions to practice using both feet. 	<p>← 5m → ← 5m → ← 5m →</p>
5mins	Laces pass	<ul style="list-style-type: none"> ➤ Make a long pass between cones using the top of your shoe where the laces are. ➤ Stay at the same end. ➤ Use both feet. 	<p>← 5m → ← 10m → ← 5m →</p>
5mins	Challenge: Christmas Tree	<ul style="list-style-type: none"> ➤ Juggle the ball up one side of your body, then down the other, and back again – this makes a Christmas tree shape using your foot, knee, shoulder, head, shoulder, knee and foot. 	No setup required

TIME TO SCORE! 10 points for a full Christmas Tree, 5 points for halfway

LESSON 3: SPEED & DRIBBLING

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35–40mins **Equipment:** 4 students per group, 5 cones per group, 1 football per group

KEY Run with ball Pass Run without ball

Time	Exercise	Action	Setup
5mins	Shuttle runs	<ul style="list-style-type: none"> ➤ Sprint out to the first cone at five metres, and return, then sprint to the ten metre cone and return. ➤ Once you are back at the start, the next person goes. ➤ After a warm up, make it a relay race between teams. 	
5mins	Slalom dribble	<ul style="list-style-type: none"> ➤ Keeping control of the ball, dribble it in and out of the cones without hitting them. ➤ Use the right foot, then left foot, then both feet. ➤ Pass the ball to the next player when you get back. 	
5mins	Dribble square	<ul style="list-style-type: none"> ➤ Dribble the ball around the outside of a square using both feet. ➤ Turn quickly and stay close to the corner cones. ➤ Pass to the next player once around the whole square. ➤ Once you've all completed one direction, complete the square in the other direction. 	
5mins	Cruyff turn dribble	<ul style="list-style-type: none"> ➤ Dribble the ball from one cone to another in a straight line. ➤ When you're near the end cone, perform a turn where you pull the ball back behind your standing foot. ➤ Dribble the ball back, keeping control of it and pass to the next player. ➤ Use both your left and right foot. 	
5mins	Challenge: Neck catch	<ul style="list-style-type: none"> ➤ To start, juggle the ball, kick it up and catch the ball on the back of your neck. ➤ For it to be a success, make sure the ball stops on your neck before you flick it back up to continue juggling. 	No setup required

TIME TO SCORE! 10 points for full skill, 5 points for catch only

LESSON 4: AGILITY & SHOOTING

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35–40mins **Equipment:** 4 students per group, 3 cones per group, 1 football per group, plus 6 witches hats **KEY** Run with ball Pass Run without ball

Time	Exercise	Action	Setup
5mins	Star shuttle runs	<ul style="list-style-type: none"> ➤ From your starting cone, sprint to the middle cone, then turn and sprint to the next cone. ➤ Keep running to each point of the star, but always coming back to the centre star. ➤ Finish at the cone you started with. ➤ After you've each done a warm up go, make it a relay race. 	
5mins	Shooting – inside foot shot	<ul style="list-style-type: none"> ➤ Using the inside of your foot, strike the ball and aim for the cones, 10 metres away. ➤ Swap with your teammate. ➤ Practice on both feet. ➤ This technique is great for shooting past the goalkeeper more accurately than using your laces. It can be used to curl the ball around the goalkeeper in a game. 	
5mins	Laces shot	<ul style="list-style-type: none"> ➤ Strike the ball with the laces in the middle of the ball. ➤ To help make sure the ball stays low, keep your head down and chest over the ball as you kick. ➤ This is a good technique to use when shooting outside the penalty box for extra power. 	
5mins	Chip shot	<ul style="list-style-type: none"> ➤ Look as if you are going to strike the ball hard, then make a stabbing motion down on the bottom edge of the ball. This lifts it into the air. ➤ Your goal is to chip the ball over the cones at the other end and into your teammates hands. ➤ Practice it with the left and right foot. 	
5mins	Challenge: Cone bowling	<ul style="list-style-type: none"> ➤ Shoot the ball towards the 6 cones, and see how many cones you can knock over. ➤ Which technique will you use? Laces, side of your shot or even a chip? ➤ Everyone has one turn to get a strike! 	

TIME TO SCORE! 1 point per cone knocked over. 10 points for a strike