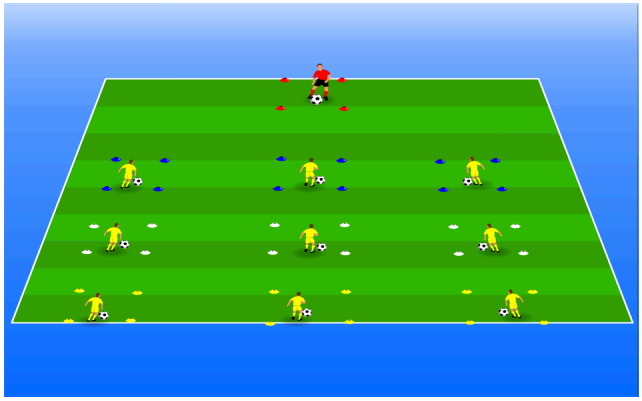
REBOOTING FOOTBALL

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

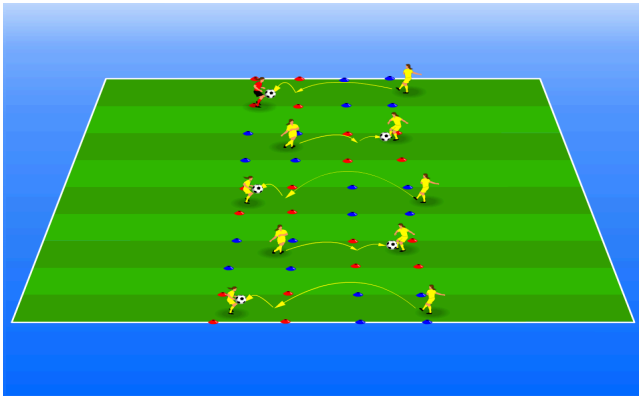


Activity #1: 'Tekkers grid'

- 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)

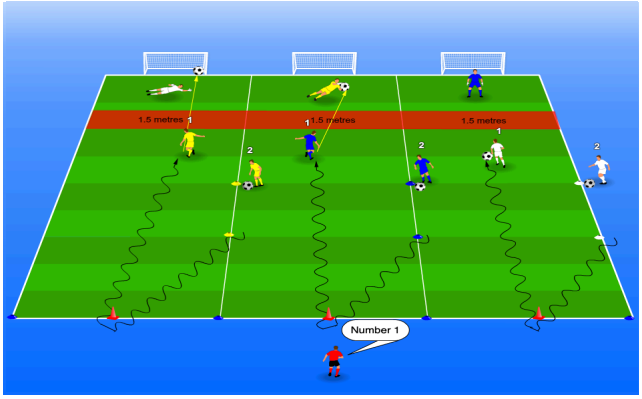


Activity #2: 'Football tennis'

- 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'

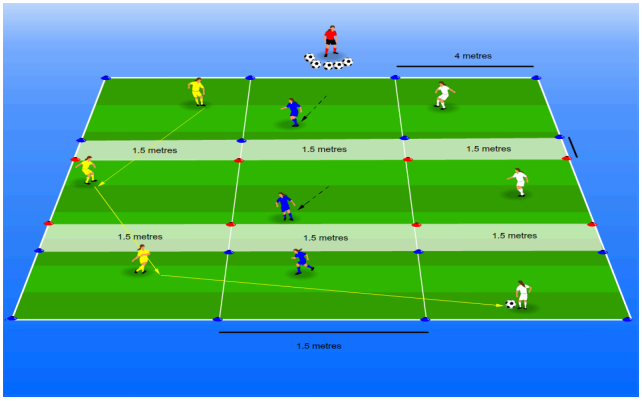


Activity #3: 'Shooting relay'

- 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

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