



**JUNIOR FOOTBALL PROGRAM**



**“Making friends with the ball”**

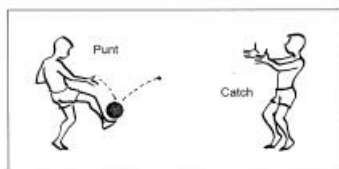
A set of 18 basic skills and exercises which will assist young players to better enjoy the game.

ENQUIRES : KEVIN BEST 0243 284806

# PROGRAM SUMMARY

For further information: [www.abcjuniorfootball.org.au](http://www.abcjuniorfootball.org.au)

## 1. KICKING, BY GOALKEEPER



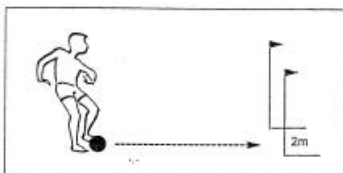
Punt the ball into the arms of a receiver, positioned at a set distance (metres) - 5 times each foot in succession.

(Also try a drop kick, and a self-thrown one-bounce volley.)

**Target:**

L1	L2	L3	L4	L5
A	4m	6m	10m	14m

## 2. KICKING, USING INSIDE OF FOOT

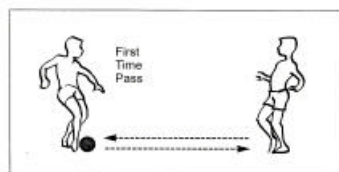


Firmly kick, using the inside of the foot, a stationary ball along the ground through a 2 metre gap (use flag posts) positioned at a set distance (metres) - 3 times each foot in succession.

**Target:**

L1	L2	L3	L4	L5
A	10m	12m	14m	16m

## 3. KICKING A MOVING BALL

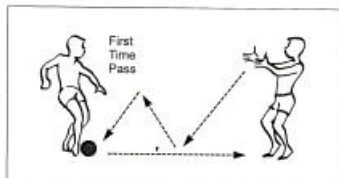


Kick a rolling ball, using the inside of the foot (left/right alternatively), along the ground, back to the server, positioned at a set distance (metres), with accuracy - 10 times each foot in succession. (Also try control with inside of foot and kick the ball back using the same foot).

**Target:**

L1	L2	L3	L4	L5
A	6m	8m	10m	12m

## 4. KICKING A BOUNCING BALL

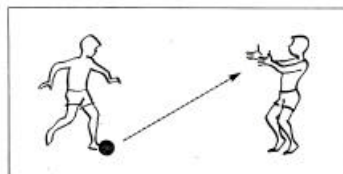


Kick a bouncing ball, using the inside of foot, on the second bounce (half volley), along the ground, back to a server, positioned at a set distance (metres) - 10 times each foot in succession. (Also try control with the inside of the foot and kick the ball back using the same foot).

**Target:**

L1	L2	L3	L4	L5
A	4m	6m	8m	10m

## 5. SHOOTING FOR GOAL

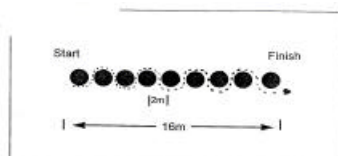


Kick a stationary ball, using the instep of the foot, into the arms of a receiver, positioned at a set distance (metres) - 3 times each foot in succession.

**Target:**

L1	L2	L3	L4	L5
A	6m	10m	16m	20m

## 6. DRIBBLING (INSIDE OF FOOT)

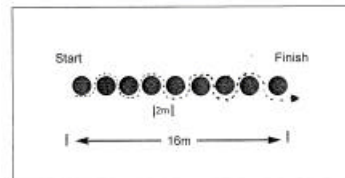


Dribble the ball, using the inside of the foot (left and right alternatively) through 9 cones placed in a straight line two metres apart - to be done in two successive attempts by bettering the target time (seconds).

**Target:**

L1	L2	L3	L4	L5
A	12 secs	11 secs	10 secs	9 secs

## 7. DRIBBLING (OUTSIDE OF FOOT)

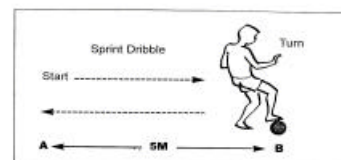


Dribble the ball, using the outside of the foot (left and right alternatively) through 9 cones placed in a straight line two metres apart - to be done in two successive attempts by bettering the target time (seconds).

**Target:**

L1	L2	L3	L4	L5
A	14 secs	13 secs	12 secs	11 secs

## 8. CHANGING DIRECTION - TURNING

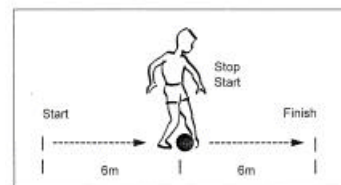


Dribble the ball 5m at speed, stop the ball on line, drag it back with the sole of the foot and dribble it, at speed, back to the start - repeat using each foot for a set number of times.

**Target:**

L1	L2	L3	L4	L5
A	10 times	20 times	30 times	40 times

## 9. CHANGING PACE - DRIBBLING

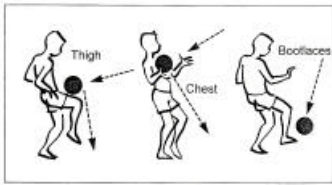


Dribble the ball 6 metres, stop the ball, using the inside of the furthest foot, quickly dribble again (6m) in a straight line, using the inside of the other foot - repeat using each foot for a set number of times. (Also try stopping the ball using the inside of the furthest foot - step over the ball with the other foot and dribble it back, using the outside of the same foot).

**Target:**

L1	L2	L3	L4	L5
A	10 times	20 times	30 times	40 times

**10. BALL CONTROL, IN THE AIR**

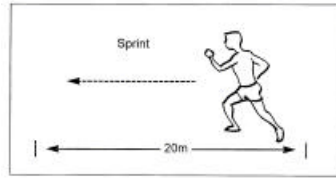


Control, using the selected different parts of the body, a ball thrown in the air and play it back to the server, positioned at a set distance: (metres), on the 2nd touch - 10 times for each (a) chest, (b) thigh, (c) instep.

**Target:**

L1	L2	L3	L4	L5
A	2m	4m	6m	8m

**13. SPRINTING**

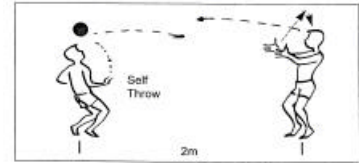


Sprint from a standing start over 20 metre - to be done in three successive attempts by bettering the target time (seconds).

**Target:**

L1	L2	L3	L4	L5
A	4.50 secs	4.20 secs	4.00 secs	3.75 secs

**16. HEADING TO A TARGET**

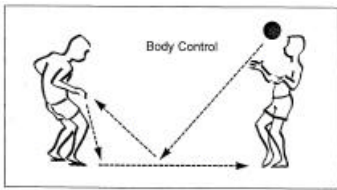


Self throw and head the ball on the full to a partner, positioned at a set distance (metres) - repeat 10 times in succession.

**Target:**

L1	L2	L3	L4	L5
A	2m	3m	4m	5m

**11. CONTROL - THE BOUNCING BALL**

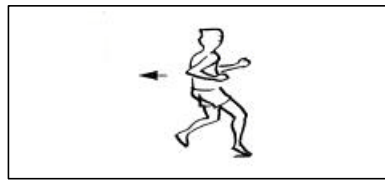


Control (within 1 pace), a bouncing ball (one bounce), on the chest area. thrown at medium pace and pass back to server, positioned at a set distance (metres) - repeat 10 times.

**Target:**

L1	L2	L3	L4	L5
A	4m	6m	8m	10m

**14. RUNNING BACKWARDS**

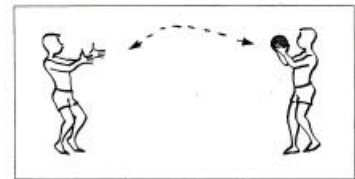


Sprint backwards from a standing start over 20 metres - to be done in three successive attempts by bettering the target time (seconds).

**Target:**

L1	L2	L3	L4	L5
A	10secs	9secs	8secs	7secs

**17. CATCHING BY THE GOALKEEPER**

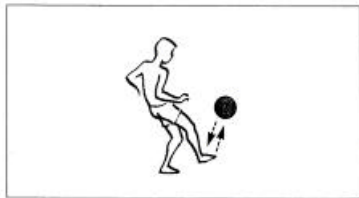


Catch the ball, on the full, in the arms, and bring it to the chest, thrown at medium speed and medium height, from a server, positioned at a set distance (metres) - repeat 20 times in succession.

**Target:**

L1	L2	L3	L4	L5
A	6m	12m	18m	24m

**12. BALL CONTROL - JUGGLING**

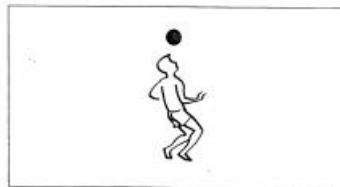


Juggle a ball in the air - no bounces - using feet only (left and right alternatively), for a set number of times in succession.

**Target:**

L1	L2	L3	L4	L5
A	2 times	5 times	10 times	20 times

**15. HEADING - JUGGLING**

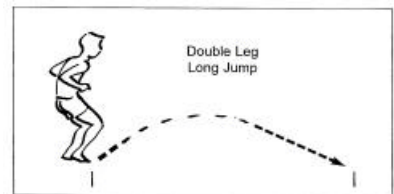


Head the ball into the air - no bounces - for a set number of times in succession.

**Target:**

L1	L2	L3	L4	L5
A	2 times	5 times	10 times	15 times;

**18. JUMPING FOR POWER**



Double leg long jump (cm), from standing start, (measure toe to heel).

**Target :**

L1	L2	L3	L4	L5
A	130cm	140cm	150cm	160cm

[A = Beginners] Vol : 2009.1

FULL SEASON ACTIVITY SHEET					
NAME _____		AGE _____		TEAM _____	
				DATE STARTED _____	
No.	Tick below each time an exercise is practised	Level Achieved	No.	Tick below each time an exercise is practised	Level Achieved
1	vvvvvvvvv	2	10		
2			11		
3			12		
4			13		
5			14		
6			15		
7			16		
8			17		
9			18		