



Football House  
 Unit 2/3 Phipps Close  
 Deakin ACT 2600  
 PO Box 50  
 Curtin ACT 2605  
 E: info@capitalfootball.com.au  
 P: 02 6260 4000

## Canberra United Clinic - Example

### Schedule

9am – 9:30am: year 3/4  
 9:30 – 10am: year 3/4  
 10am – 10:30am: year 1/2  
 Recess  
 11am – 11:30am: year 1/2  
 11:30am – 12pm: Kindergarten  
 12pm – 12:45pm: year 5/6  
 Lunch  
 1:30 – 2:15pm: Year 5/6  
 2:15pm – 3pm: Year 5/6

### Activities

#### Actions

##### **Organisation:**

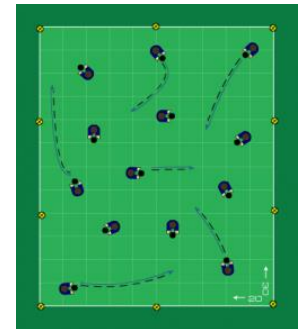
1 ball per player  
 L30m x W20m field or appropriate to group size

##### **Instruction points:**

Players dribble their ball around inside the area.  
 Coach calls out actions which players must perform.  
 Actions: stop - knee on ball - head on ball - toe taps - sole taps - dribble around cone - change balls - pass - left foot only - right foot only - both feet - super fast - fast - turn - out of the area and so on

##### **Variations:**

Pick five actions and number them 1-5. Instead of calling out action call out number and Players need to remember which actions go with which number. Increase numbers to make it harder.



#### Football Octopus

##### **Organisation:**

Field 30m(L) x 20m(W)  
 1 ball per student  
 Bibs to distinguish taggers.

##### **Instruction points:**

All students line up along one end of the field (Fishes). Two - three taggers stand in the middle of the field.  
 On taggers signal, fish must dribble from one end of the field to the other.  
 The taggers try to gain possession of the fish's ball and kick out of area. If fish lose their ball they become an octopus.

##### **Variations:**

- (1) add another element for the fish. If the fish lose their ball they become stationary and stand with their legs apart. If a dribbling fish can pass their ball through a stuck players legs while dribbling to the other line, that fish becomes free, gets their ball from the side and joins back in.





Football House  
Unit 2/3 Phipps Close  
Deakin ACT 2600  
PO Box 50  
Curtin ACT 2605  
E: info@capitalfootball.com.au  
P: 02 6260 4000

### **1v1 Same Goal**

#### **Organisation:**

L30m x W20m Field

Students line up in two even lines on either side of the goal

All balls behind the goal where the coach will stand

#### **Instruction points:**

The coach rolls out one ball and the first player in each line enters the field to play 1 v 1.

Both teams are scoring in the same goal (opposite end)

First player to the ball is the attacker and other player must chase and defend.

#### **Variations:**

1. Both teams need to score in the close goal so win the ball and turn to score in the goal behind them.
2. Players receive one point for scoring at the opposite end and two points for scoring in the close end as it is harder to turn and score then to keep running straight.
3. Play 2 v 2 and both players must touch the ball to score.

