



MCDONALD'S<sup>®</sup>  
**JUNIOR FOOTBALL**  
COACH'S HANDBOOK  
KICK STARTING DREAMS



## Welcome

“McDonald’s and our franchisees have supported junior football in New Zealand for over a decade. We partner with New Zealand Football, the seven regional federations and clubs around the country to ensure kids and their coaches have the resources required to enjoy the beautiful game, and achieve their football dreams.

As New Zealand’s largest chain of family restaurants we want to help support all of the good stuff that happens in the communities in which we operate. With football we do this by helping with things like 50,000 size 1 balls handed over the last three years, creating skills and coaching videos, sending the McDonald’s Junior Football coach of the year winner to watch Auckland City play in the FIFA World Club Cup, and producing resources like this coach’s handbook. We share New Zealand Football’s goal to get more kids signed up to play football, and staying in the game as they grow older.

Whether kids enjoy football because it’s a fun way to make friends, or they’re inspired to follow in the footsteps of their heroes and play on the world stage, McDonald’s Junior Football has been developed to kick-start their dreams.”

Dave Howse, McDonald’s



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## How to Use the McDonald's Junior Football Coach's Handbook

Our goal is to enthuse young players so they fall in love with our sport and stay in it for life. To help achieve this, the McDonald’s Junior Football Coach’s Handbook offers coaches games and activities for 4-12 year olds, each focusing on a particular technical outcome. Every activity is an opportunity for young children to take part in fun, enjoyable football games which develop them as players and as people.

**This handbook contains five sections of coaching activities, each focusing on a specific skill;**

**Aligned to the NZF Whole of Football Plan, the skills are explored via four training components;**

### 1. Passing

### 2. Dribbling

### 3. 1v1s

### 4. Shooting

### 5. Ball Control



All four training components could be used consecutively to create a full game day or training day schedule and only basic equipment is required; balls, bibs and cones or markers.

At the top of each activity you’ll see the recommended age group for the activity. Most activities can also be easily adapted to suit your player’s needs depending on their age, experience and ability. For example the size of the playing area may be made smaller in order to suit younger players.

### McDONALD’S SKILLS ZONE

If you flip to the back of the book, you’ll find the McDonald’s Skills Zone section.

The McDonald’s Skills Zone is a fun opportunity for young players to improve specific techniques relevant to the modern game, as well as giving them a sense of personal achievement and development.

The McDonald’s Skills Zone is made up of five challenges; passing, dribbling, turning, shooting and ball control. Jump to the back of the book to find out more.

# McDonald's Junior Framework Stages

DEVELOPMENT STAGE	AGE	PLAYING FORMAT	GAME TIME	OBJECTIVE	RECOMMENDED TRAINING MODEL	TRAINING FOCUS
 <p><b>FOOTBALL SPECIFIC BASIC TRAINING</b> Playing together with Purpose</p>	11-12 YEARS	7v7* 9v9 (with GKs)	2x 30mins	Developing the football specific movement and technical capabilities to support an effective lifelong participation	 <p><b>TEAM-BASED TRAINING</b></p>	
	9-10 YEARS	5v5* 7v7 (with GKs)	2x 25mins			
 <p><b>PLAYFUL TECHNICAL TRAINING</b> Mastering the Ball</p>	7-8 YEARS	4v4 5v5 (without GKs)	4x 10mins	Developing physical literacy and laying down the technical foundations for future football competency in a fun motivational environment	 <p><b>STATION ROTATION</b></p>	
 <p><b>FUNDAMENTALS</b> Falling in love with Football</p>	4-6 YEARS	3v3 4v4 (without GKs)	3x 10mins	The first introduction to football: developing physical literacy through a safe, fun and rewarding environment	 <p><b>STATION ROTATION</b></p>	

\*Refers to Girls Only Framework



WINSTON RED | ALL WHITES



# PASSING

WATCH VIDEOS OF ALL THE ACTIVITIES AT [WWW.NZFOOTBALL.CO.NZ/JUNIORS](http://WWW.NZFOOTBALL.CO.NZ/JUNIORS)



## Focus on Passing General Movement

### ZOO ESCAPE

#### Set Up

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Set up 8 Zoo Gates, 2 on every side of the Zoo.
3. Animals in Red are in the Zoo Park, with each of the 4 Blue Zookeepers standing next to a pair Zoo Gates.

#### How to Play

1. Animals move around the area, with Zookeepers looking after each gate
2. When coach shouts "Zoo Escape", animals aim to break out through unguarded gates. Zookeepers stop animals escaping by tagging them
3. If animals escape they score 1 point and then re-enter to start again

#### Progression

1. Introduce ball each for animals to have in hands / at feet
2. Introduce ball each for Zookeeper to have at feet
3. Use a different "trigger" for Zoo Escape. For example, instead of coach shouting they could bounce a ball instead [Vision & Awareness]



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#### Outcomes

- Agility whilst changing direction
- Movement in different methods - forwards/backwards etc
- Acceleration/Deceleration



## Focus on Passing Football Technique

### MOVING GOALS

#### Set Up

1. Set up area 30x20m. Modify area depending on the number and age of players.

2. 2 'goals' inside the area. Goals are made by two players (Reds) holding one end of a bib each (stretched out) to form a goal.

3. All other players (Blues) have a ball each.

4. Place spare footballs around the perimeter.

#### How to Play

1. The 2 'goals' move around the area keeping a bib stretched out to maintain distance between them.

2. Players dribble around and try to score by kicking the ball between goal, underneath the bib.  
Players follow their pass/shot to collect the ball and continue.

3. 1 point for every goal. Try

to score as many points as possible in 90 seconds.

4. Change over the Goals after each 90 seconds.

#### Progression

1. Coach to specify which foot to pass with (left/right)

2. Increase or decrease the size of the area

3. Goals can defend by stopping the balls using feet



#### Outcomes

- Passing and Shooting
- Timing of the pass/shot
- Weight of pass
- Awareness of passing angles
- Dribbling & Turning



## Focus on Passing Football Coordination

### GATE KEEPERS

#### Set Up

1. Area of up to 25 x 25m. Modify area depending on the number and age of players.

2. Place gates around the area (Gates can be made with 2 cones). Ensure that you have more gates than gate keepers.

3. All players in Red have a ball each. 2 or 3 players in Blue are without a ball (Gate Keepers). Or the Coach can be the Gate Keeper.

4. Place 4 Goals around the outside of the area.

#### How to Play

1. Reds dribble through the Gates and get a point each time they do.

2. Gate Keepers stop the reds from dribbling through the gates. Gate Keepers are only there to block the gate and are not allowed to tackle.

3. Play for a set time and see how many points each player wins.

4. Switch team roles.

#### Progression

1. Increase / decrease the number of gates

2. Increase / decrease the number of Gate Keepers

3. Gate Keepers are allowed to win the ball. If they do, they are allowed to score in one of the goals, resulting in the attackers score reducing to zero



#### Outcomes

- Dribbling with low centre of gravity
- Change of pace & direction
- Awareness - keep head up to know which gates are free



## Focus on Passing

### Small Sided Games

#### HIT THE TARGET

##### Set Up

1. Area up to 25x20m.
2. Divide the players into 2 teams.
3. Have spare balls ready around the area to restart match.
4. Place three or four target cones at each end of the pitch, with a football balancing on each.

##### How to Play

1. In this game players score by passing / shooting and knocking a ball off opposing team's target cones, scoring 1 point each time.
2. There are no throw ins, instead the ball is kicked in.
3. Once a ball is knocked off the target cone it is replaced and the game starts again.

##### Progression

1. Teams are only allowed to score in the attacking third of the pitch.
2. Once a ball is knocked off it is not replaced. First team to knock off all three or four of the oppositions footballs off the target cone wins.
3. Place target cones inside the playing area.



##### Outcomes

- Passing over short distances
- Basic awareness of other players
- Movement to receive a pass



# DRIBBLING

## Focus on Dribbling

### General Movement

#### CAPTURE THE FLAG

##### Set Up

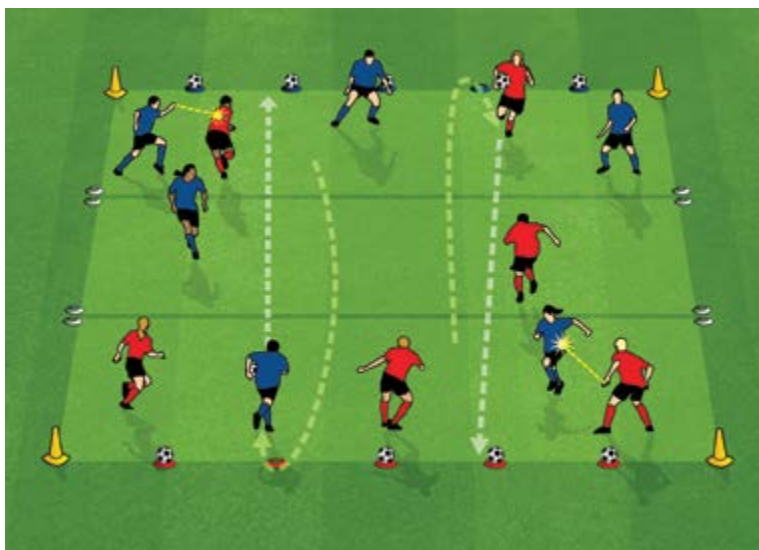
1. Set up area 30x20m, split into 10x20m thirds. Modify area depending on the age & number of players.
2. Split group into 2 even teams.
3. Place footballs [flags] on cones on each of the end lines. Ensure that there are more flags than there are defenders.
4. Use double cones to show thirds.

##### How to Play

1. Each team must enter the other teams defensive zone and then capture a flag. Once player has the flag they are safe to return to home base.
2. Opposition players can stop the other team by tagging them in their defensive third. The attacking player must then return to their goal line before they can attack again.
3. 3 minute games, who can steal the most opposition flags?

##### Progression

1. Players can dribble the ball back to home base
2. Give players defensive or attacking roles
3. Players are allowed to tackle the opposition in the middle zone [third]
4. Players are allowed to pass back to team mates in their home base [Defensive third]
5. Increase or decrease the size of the area



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##### Outcomes

- Dodging, weaving, acceleration
- Awareness of space
- Dribbling and passing
- Awareness of passing angles
- Awareness of roles and responsibilities [defense/attack]



## Focus on Dribbling

### Football Technique

#### FISHY FISHY FISHY

##### Set Up

1. Area of up to 20 x 15m. Modify area depending on the number and age of players.
2. Players [fish] are gathered at shallow end of the sea [end of playing area] with or without a ball.
3. The coach [shark] stands in the deep part of the sea [middle of playing area] with a ball.

##### How to Play

1. Shark begins game by shouting "Fishy, Fishy, Fishy come and swim in my sea".
2. Fish respond "Sharky, Sharky, Sharky you can't catch me" and try to swim [run or dribble] to the opposite shallow end of the sea.
3. Sharks try to "eat" the fish by passing their ball

and hitting player's below the knee or the player's football.

4. If fish is "eaten", they become a shark. The last fish swimming is the winner.

##### Progression

1. Put fish in pairs with one ball between them. Fish must pass the ball to each other 3 times whilst swimming to other side.



##### Outcomes

- Dribbling under close control whilst using different parts of the foot
- Ability to change speed with the ball
- Ability to use different fakes / turns to disguise



## Focus on Dribbling

### Football Coordination

#### RUNAWAY TRUCKS

##### Set Up

1. Area of up to 30 x 30m is the Road. Modify area depending on the number and age of players.

2. All players are "Cars" inside the area with a ball each. The ball is the cars "Engine".

##### How to Play

1. Players dribble the ball around the area, reacting to Coaches' commands:

- "Green Light" – Player begins to move

- "Red Light" – Player stops
- "1st Gear" – Player dribbles ball at slow pace
- "2nd Gear" – Player dribbles ball at medium pace
- "3rd Gear" – Player dribbles ball at fast pace
- "U-Turn" – Player performs turn to face opposite way
- "Somebody's in the way!" – Players make beeping noise.

##### Progression

1. Introduce 2 blue players on the outside, without a ball, who become the "Runaway Trucks"
2. During session, when the coach shouts "Runaway Trucks", blue players enter the area and try to kick player's balls out of the area ["engines off road"]
3. Cars start with 10 points. If their ball is kicked out they lose a point, retrieve it & join back in the session



##### Outcomes

- Dribbling and changing direction with close control
- Acceleration and Deceleration with ball
- Using body to protect ball whilst under pressure
- Turning away from defender

## Focus on Dribbling

### Small Sided Games

#### MULTI BALL

##### Set Up

1. Area up to 50x35m. Modify area depending on the age & number of players.

2. Divide the players into 2 teams.

3. Have spare balls ready around the area to restart match.

4. Goals at each end of the pitch.

5. Players have a ball each, except for one player on each team.

##### How to Play

1. This game involves lots of footballs to begin with, with each player attempting to score in the opponents goal.

2. If a player scores a goal, or their ball goes out of play, they can help a team mate or try to prevent an opponent from scoring.

3. One player on each team begins without a ball and defends against the opposition.

4. Play continues until there is only one ball left on the pitch. The number

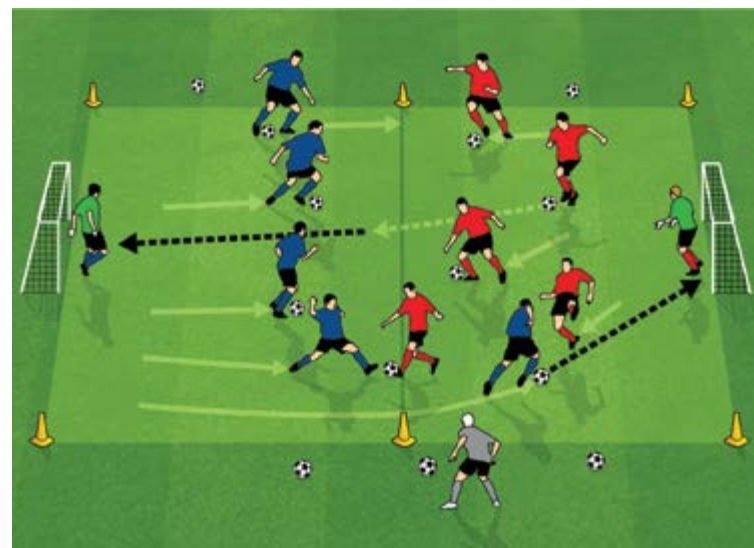
of footballs in each teams goal will provide the score. The game then becomes a regular small sided game.

5. When a team scores with the last remaining football they are awarded 3 goals, and the game resets to the beginning [multi ball]

##### Progression

1. Start with two defenders [without a football] on each team.

2. Each player on one team has a ball, the opponents begin without.



##### Outcomes

- Dribbling 1v1s
- Decision Making –when to pass / shoot / dribble
- Defending –Tackling
- Communication

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CHALLENGE**





CHRIS WOOD | ALL WHITES

# SHOOTING

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## Focus on Shooting

### General Movement

#### FLAG TAG

##### Set Up

1. Create an area as large as possible (30m x 20m)
2. All players start inside the area with a bib [flag] tucked into the back of their shorts

##### How to Play

1. Players chase each other around the area, attempting to take snatch the flag off other players

2. If a player snatches a flag, they keep hold of it

3. If a player loses their flag, they play on, trying to snatch other flags

4. The game ends when the last player has their own flag snatched

5. The winner is the player who captures the most flags

##### Progression

1. Create two teams – the winning team captures all the opposition flags first
2. Give every player a ball to dribble while the play



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#### Outcomes

- Agility while changing direction at speed
- Coordinated speed
- Develops spatial awareness
- Close ball control



## Focus on Shooting

### Football Technique

#### FIRST TO FIRE

##### Set Up

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 2 teams of equal numbers stand either side of goal. 2 orange cones [5m apart] in front of coach with 2 footballs in between.

##### How to Play

1. Players perform movements on line as requested by coach [jog on spot, star jumps etc].
2. Coach calls out a number, the numbered player from each team runs around the yellow cone, collects ball and shoots at goal.
3. Player who scores goal first gets 2pts for team, 2nd player to score gets 1pt for team.

4. Total team points score is kept by coach.

##### Progression

1. Place cones in the goal – if players shoot in corners they receive more points.
2. Introduce a Goalkeeper to increase shooting difficulty.
3. Decrease to 1 ball – both players will then need to compete for the one ball.



##### Outcomes

- Accuracy of shooting
- Decision of type of shot – power, curl, chip etc
- Encourages working as a team / tactics

## Focus on Shooting

### Football Coordination

#### AVENGERS ASSEMBLE

##### Set Up

1. Area up to 25x15m, with 2 smaller 2x2m squares at each end of the area. Modify area depending on the age & number of players.
2. Divide the players into 2 teams – Team “Iron Man” and Team “Captain America”.
3. Each team nominates a captain as their “Iron Man” and “Captain America”, who begin without a ball inside their base [2x2m area]
4. All other players begin on their half of the area with a ball each.

##### How to Play

1. When coach says “go”, players dribble their football and try to kick it against an opponents legs to catch them. The ball must hit below the knee.
2. If a player is caught they must pick up their ball, stand still and raise the football above their head.
3. A caught player can be released by their team leader [Iron Man or Captain America]. They have to run out of the base and tag the player who is caught.

4. A team wins if they either:
  - catch every player on the other team OR
  - they manage to catch the opponents captain [Iron Man or Captain America] when they are out of base.

##### Progression

1. Players are “caught” if their ball goes outside of the playing area
2. Players must use a particular type of pass to catch opponents [outside of foot / inside of foot]



##### Outcomes

- Dribbling to pass or shoot
- Decision Making – when to pass or dribble
- Team work and communication

## Focus on Shooting

### Small Sided Games

#### FIRST TIME FINISH

##### Set Up

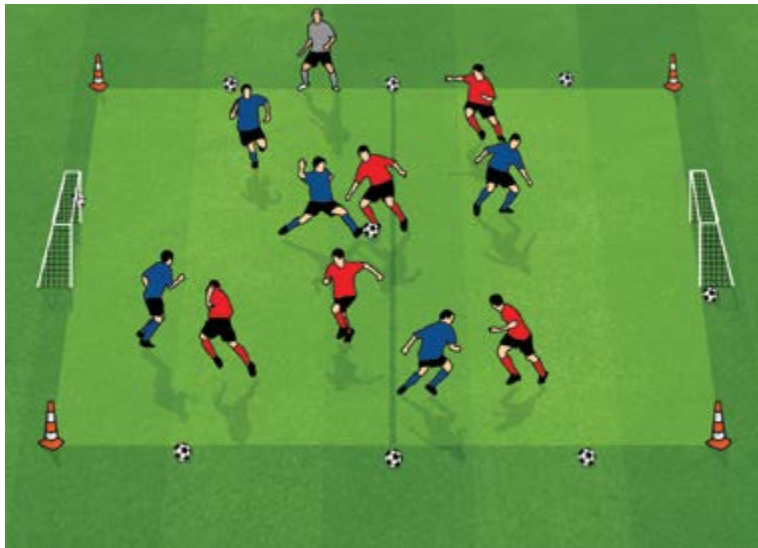
1. Area of up to 50 x 30m. Modify area depending on the number and age of players.
2. Place a goal at opposite sides of the area.
3. Split into 2 teams of equal numbers.
4. Have footballs around the area to restart match.

##### How to Play

1. Two teams take part in a regular Small Sided Game, scoring in the goals they are attacking.
2. Attackers are given more goals if they score with a first time finish.
3. When a team scores, they retreat, allowing the opposition to start play from the goal line.
4. There are no throw ins, rather the ball is passed in.

##### Progression

1. Introduce GK (defenders) who are able to try and guard the Goals
2. Award more goals for a first time finish



##### Outcomes

- Dribbling and changing direction with the head up
- Passing – weight of pass
- Shooting – 1st time finishing / Timing of shot

# 1v1s

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RYAN THOMAS | ALL WHITES



## Focus on 1v1s

### General Movement

#### DOMES & DISHES

##### Set Up

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 2 teams of equal numbers.
3. Each player is given 1 cone each [all same colour].
4. Players are asked to find a space in the square and place their cone on the floor. One team places cone

on floor as a "Dome" and the other team place cone upside down as a "Dish".

##### How to Play

1. Teams have 1 minute to turn as many cones into either Domes or Dishes [which ever their team represents].
2. After 1 minute, coach counts the amount of Domes / Dishes and award a winner.

##### Progression

1. Encourage players to try different movements by creating new rules. E.g running backwards / side stepping between cones / jumping over cones before turning them over.
2. Introduce a ball for each player to dribble.



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##### Outcomes

- Mobility when changing direction at speed
- Movement in different methods - forwards / backwards etc
- Encourages teamwork
- Vision & spatial awareness

## Focus on 1v1s

### Football Technique

#### 2 V 1

##### Set Up

1. Area of up to 30x20m. Modify area depending on the age & number of players.
2. Set up 6 cones and one goal as shown in diagram.
3. Divide the players into 2 teams and bib accordingly.
4. All footballs are placed by the coach.
5. Blue team line up at cones A & B. Red team line up at cones C & D.

##### How to Play

1. When coach shouts "Go", one Blue player runs from Cone A and 1 from Cone B [as shown in diagram]. Coach then passes a ball to the two attackers.
2. As the blue attackers run around the cone a red defender can come out and try to win the ball.
3. Blue team have 10 seconds to score in the goal.
4. If defender wins possession of the ball they

attempt to pass it back to the coach.

5. Change over defending and attacking teams.

##### Progression

1. 2 attackers vs 2 defenders
2. 3 attackers vs 2 defenders
3. Upon winning possession, defender must dribble the ball over the start line
4. Decrease the amount of time to score to 8 seconds



##### Outcomes

- Awareness and vision of the supporting players
- Movement to support player in possession
- Decision making - when to pass / when to shoot
- Passing weight and accuracy
- Receiving a pass to shoot

## Focus on 1v1s

### Football Coordination

#### END GOALS

##### Set Up

1. Area up to 35x20m. Modify area depending on the age & number of players.
2. Goals at each end of the pitch.
3. Divide the players into 2 teams & bib accordingly.
4. One team divides and stands next to both goals [Defenders]. The other team stands on the half way line, next to the coach [Attackers].
5. Footballs by the coach on the half way line.

##### How to Play

1. Attackers can choose how many players are involved

in the attack, and points are awarded for difficulty:

- 2v1 = 2 points per goal
  - 3v2 = 3 points per goal
  - 1v1s = 5 points per goal
2. The Attackers will have 5 attempts to score as many points as they can.
  3. An attempt starts with the coach rolling a football onto the pitch, pointing at the goal to attack and calling the number of players [3v2 / 2v1 / 1v1s]
  4. The required number of attackers run onto the pitch and the required number of defenders attempt to stop them from scoring.

- If the attackers score, the attempt continues with the coach rolling another football on to the pitch. With the same playing numbers, the same attackers play against different defenders at the opposite goal. A maximum of 3 goals can be scored in 1 attempt.
- 5. After 5 attempts, teams swap roles for 5 attempts.

##### Progression

1. If defenders win possession they are able to attack the opposite goal. If they score, this removes points off the attacking team's score.



#### Outcomes

- Dribbling 1v1s
- Decision Making – when to pass / shoot / dribble
- Defending – Tackling
- Teamwork & Communication

## Focus on 1v1s

### Small Sided Games

#### BATTLE

##### Set Up

1. Area up to 50x35m. Modify area depending on the age & number of players.
2. Divide the players into 2 teams.
3. Have spare balls ready around the area to restart match.
4. Goals at each end of the pitch.
5. Players on each team are provided a number [1,2,3,4,5 etc]

##### How to Play

1. Reds and Blues play in a regular small sided game, aiming to score in the opponents goal.
2. As well as the overall team score, players can have a 1v1s battle against their opposing player [of the same number]. If they are able to dribble passed their opponent, they score 1 point for their individual battle.

3. Normal football rules apply, with any player being able to tackle an opponent.
4. Rotate players after a few minutes so that they can have individual battles against other players.



#### Outcomes

- Dribbling 1v1s
- Decision Making – when to pass / shoot / dribble
- Defending – Tackling
- Communication

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RIA PERCIVAL | FOOTBALL FERNS



# BALL CONTROL

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## Focus on Ball Control General Movement

### CUCKOOS

#### Set Up

1. Set up area 25x25m with 5 cones on each of the side lines. The cones represent the teams nest. Modify area depending on the age & number of players.
2. Divide the group into four teams, with each team nominating a player as their "nest defender".
3. Place 2 footballs on two cones on each of the end lines. These are the cuckoo eggs!
4. Place more footballs [eggs] in the centre of the square.

#### How to Play

1. On the coaches call the game begins. All players must collect as many eggs from the centre as possible and return them to a cone at their nest (Individual players are allowed to take one ball at a time).
2. Once all the eggs are gone from the centre then players are allowed to steal from other team nests, without being tagged by a nest defender.
3. Players are not allowed to steal from the same nest twice in a row.

4. Play 2 minutes games to see who has the most eggs or race to the first team to fill all 5 cones in their nest.

#### Progression

1. Players must dribble the ball back to home nest
2. Players are allowed to tackle the opposition in the middle
3. Players are allowed to pass back to team mates at their home nest
4. Increase or decrease the size of the area



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#### Outcomes

- Dodging, weaving, stepping
- Awareness of space
- Dribbling and passing
- Awareness of passing angles
- Awareness of roles and responsibilities [defense/attack]

## Focus on Ball Control Football Technique

### BEE KEEPERS

#### Set Up

1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. All players with a ball each and the same colour bib – these are the “Bees” and the ball is their honey. There are also 3 players in a different colour with out a ball – these are “Bee Keepers”.
3. Have a goal in the centre of the area – this is the Honey Pot.

#### How to Play

1. Bees dribble their ball (honey) around the area. The Bee Keepers try to steal the honey from the Bees and put it in the Honey Pot (kick it in the goal).
2. Once a Bee loses their honey, then they become a Bee Keeper.
3. At the end of 1 minute, the Bees with honey are the winners.

#### Progression

1. Have an allotted time for the Bee Keepers to get the honey in the Honey Pot once they have stolen it.
2. Bees without honey are allowed to help other Bees.
3. Bee Keepers have a competition between each other to see how much honey they can steal.



#### Outcomes

- Dribbling / Movement of ball
- Vision & Awareness
- Shielding / Use of Body
- Defending – Winning the Ball

## Focus on Ball Control Football Coordination

### 1 V 1 MULTI GOALS

#### Set Up

1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. Players are in pairs, in different coloured bibs.
3. One ball between each pair.

#### How to Play

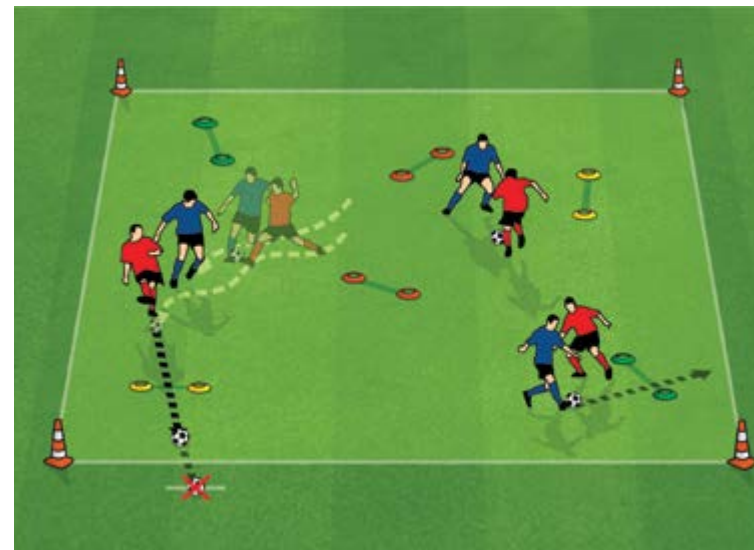
1. Players all play in 1v1s against each other.

2. The aim is to score goals through the Gates, with out the ball leaving the area. Goals can be scored from either side of the gate. Players are not allowed to score through the same gate twice in a row.
3. If defending player wins the ball then they try to score through the gates.

4. Play for a set time or play till someone gets a set amount of goals.

#### Progression

1. Players can only score through certain colour gates
2. If the ball goes out of play the opponent has a free shot
3. Different colours of gates are worth different points



#### Outcomes

- Shooting Technique – Look at the Ball / Standing foot next to ball on contact etc
- Use of body to shield ball
- 1v1s fakes and turns
- Dribbling

## Focus on Ball Control

### Small Sided Games

#### SUPPORTERS

##### Set Up

1. Area of up to 30x20m. Modify area depending on the number and age of players.
2. Divide the players into 3 teams and bib accordingly (Reds / Blues / Yellows).
3. 2 teams take their place on the pitch (Reds & Blues), one team spread around the outside of the pitch (Yellows - Supporters).
4. Have footballs around the area to restart match quickly.

##### How to Play

1. Reds and Blues play in a regular small sided game, aiming to score in the opponents goal.
2. Yellows (Supporters) play for the team in possession of the ball. If a Red player passes a Supporter the ball, they must pass it back to a Red player.
3. Supporters can not be tackled and must remain on the outside of the pitch.

4. Supporters are allowed to move up and down the side of the pitch.

5. Rotate teams after a certain period of time.

##### Progression

1. Supporters are allowed to pass to each other before passing back into the game
2. Supporters are allowed to move around to the touchline (next to the goal)



TURN TO  
PAGE 36  
FOR THE  
MCDONALD'S  
SKILLS ZONE  
BALL CONTROL  
CHALLENGE

##### Outcomes

- Vision & Awareness
- Movement to receive the ball
- Passing accuracy



ABBY ERCEG | FOOTBALL FERNS

# SKILLS ZONE CHALLENGES

WATCH VIDEOS OF ALL THE ACTIVITIES AT [WWW.NZFOOTBALL.CO.NZ/JUNIORS](http://WWW.NZFOOTBALL.CO.NZ/JUNIORS)



"The McDonald's Skills Zone is a fun opportunity for young players to improve specific techniques relevant to the modern game, as well as giving them a sense of personal achievement and development. It provides age appropriate challenges for junior footballers and is made up of five challenges; passing, dribbling, turning, shooting and ball control. These can be provided within a club environment or can be practiced with a parent at home – one advantage of the McDonald's Skills Zone is that children can play and practice anywhere and at anytime. Thank you for taking the time to coach and inspire the next generation of footballers. We hope that you and your players enjoy the McDonald's Skill Zone and wish you a fantastic year in football."



## Focus on Passing

### McDonald's Skills Zone Challenge #1

This challenge is used to develop passing over short distances. Short passing is a great way of getting the ball towards the opponents goal and reduces the risk of giving the ball away.

#### Minimum Equipment Required

- 2 balls.
- 3 - 8 cones or markers (drink bottles, sweatshirts, bags etc) to make a goal.

#### Set Up

- Set up 3 targets as below (ask your coach or parent to show you how to set this up):

Goal	Width	Points
1	2m	1
2	1m	3
3	Ball on cone	5

Place a starting cone on the ground (this is where you will pass the ball from). Distances are below:

4-6 years old	<b>5 metres away</b>
7-8 years old	<b>8 metres away</b>
9-12 years old	<b>10 metres away</b>

#### Challenge

- You have 5 passes at the goal.
- You are allowed to choose which target you decide to pass at.

#### Scoring

- You score points for each successful pass made, and the points add up to your total score.
- For example, if you had 5 successful passes at Goal 1, your total score would be 5.
- If you scored through Goal 1 twice [1+1], at Goal 2 twice [3+3] and missed with your last effort your total score is 8.



Players can **download** each Skills Zone Challenge and score sheets from [www.nzfootball.co.nz](http://www.nzfootball.co.nz)



## Focus on Dribbling

### McDonald's Skills Zone Challenge #2

This challenge is used to develop dribbling in different directions and works on your touch and balance on the ball. Players like All White Marco Rojas and Football Fern Sarah Gregorius have been so successful because defenders find it difficult to play against players that can run at them with the ball.

#### Minimum Equipment Required

- 1 ball.
- 6 cones or markers (drink bottles, sweatshirts, bags etc).

#### Set Up

- Put one cone/marker in the centre and the other cones in a diamond shape around it (4 metres away from the centre cone).
- At the bottom of the diamond use two cones instead of one, to make a "Starting Gate" (marked on the diagram with an "S").

#### Challenge

- Begin at the starting gate.
- Start timing when you leave the starting gate – ask a friend, coach or parent to time, or count out loud yourself.

- Dribble from the starting gate around the centre cone, then dribble around cone 1.
- Dribble back around the centre cone, then to cone 2.
- Keep dribbling back to the centre and then cone 3.
- Dribble around the centre cone for the last time then back to the starting gate – that's the finish line, stop timing!

#### Scoring

- Your score is the time that it takes you to complete the challenge.



Players can **download** each Skills Zone Challenge and score sheets from [www.nzfootball.co.nz](http://www.nzfootball.co.nz)



## Focus on 1v1s

### McDonald's Skills Zone Challenge #3

This challenge is used to develop turning in a small space and works on your ability to change direction quickly. There are lots of different turns you can do that will help you get away from a defender in a 1v1 situation and here is a great opportunity to practice them.

#### Minimum Equipment Required

- 1 ball.
- 4 cones or markers (drink bottles, sweatshirts, bags etc).

#### Set Up

- Use the cones to set up a 3x3 metre square (ask your coach or parent to help).

#### Challenge

- You have to make 5 turns as quickly as possible. Ask a friend to time or count out loud.
- Start on one side of the square. Start timing and dribble across to the other side.
- Turn around and dribble back.
- Repeat this twice – so you have turned and crossed a line 6 times (including the finish line).

#### Scoring

- Your score is the time that it takes you to complete the challenge.



Players can **download** each Skills Zone Challenge and score sheets from [www.nzfootball.co.nz](http://www.nzfootball.co.nz)



## Focus on Shooting

### McDonald's Skills Zone Challenge #4

This challenge is used to develop shooting over short distances. To be a great goal scorer like All White Chris Wood or Football Fern Hannah Wilkinson you've got to develop your shooting with accuracy.

#### Minimum Equipment Required

- 1 ball.
- 10 cones or markers (drink bottles, sweatshirts, bags etc).

#### Set Up

Put 6 cones in a line, with 1 metre gap between each one (ask your coach or parent to show you set this up).

Place a starting gate (blue) on the floor (this is where you will shoot from). Distances are below:

- 4-6 years old      **5 metres away**
- 7-8 years old      **8 metres away**
- 9-12 years old    **10 metres away**

Put another starting cone (yellow) 2m behind the shooting gate.

#### Challenge

- You have 5 shots in total.
- Start dribbling at the starting cone.
- Shoot at goal from before the shooting gate (try not to stop the ball moving).
- Retrieve your ball and start at the starting cone again.

#### Scoring

- You get points for each scoring shot. Points awarded are as below: (points get higher towards the outside of the targets).

- Centre of the goal = **1pt**
- Mid range of the goal = **3pts**
- Corner of the goal = **5pts**

- For example, if you get two shots in the centre of the goal (1+1), two in the corner (5+5) and miss with the other your total score is 12.



Players can **download** each Skills Zone Challenge and score sheets from [www.nzfootball.co.nz](http://www.nzfootball.co.nz)



## Focus on Ball Control

### McDonald's Skills Zone Challenge #5

This challenge is used to develop your control of the ball. The more comfortable you are on the ball, the more your game will improve.

#### Minimum Equipment Required

- 1 ball.

#### Challenge

- Have 3 goes at juggling the football, using any part of your body (except hands!). Use your feet, thighs, even your head!
- 4-6 years old: Start with the ball in your hands. You can have one bounce on the ground between each keepy up.
- 7-8 years old: Start with ball at feet, the ball can bounce once but attempt finishes if it bounces twice in a row.
- 9-12 years old: Start with ball at feet and attempt finishes when ball bounces once.

#### Scoring

- Count how many "keepy ups" you can do in a row.
- After three goes, add your keepy ups together to have a total score.



Players can **download** each Skills Zone Challenge and score sheets from [www.nzfootball.co.nz](http://www.nzfootball.co.nz)

## McDonald's Skills Zone Scoring

The below scores are benchmarked per age group.

Give it a try to see what level you can achieve! Remember, we only get better with practice, so keep trying to see if you can improve across all five areas!

		ASB First Kicks [4-6 years]	ASB Fun Football [7-8 years]	ASB Mini Football [9-12years]
<b>PASSING</b> [points]	GOLD	12	14	18
	SILVER	8	9	13
	BRONZE	5	6	8
<b>DRIBBLING</b> [seconds]	GOLD	35	25	20
	SILVER	40	30	25
	BRONZE	50	40	30
<b>TURNING</b> [seconds]	GOLD	19	14	11
	SILVER	23	17	14
	BRONZE	28	22	18
<b>SHOOTING</b> [points]	GOLD	15	16	20
	SILVER	10	11	14
	BRONZE	5	6	10
<b>BALL CONTROL</b> [points]	GOLD	4	7	15
	SILVER	3	5	10
	BRONZE	2	3	5



## McDonald's Skills Zone Score Sheet

Name:											Age:
CHALLENGE	My Attempts										BEST
	1	2	3	4	5	6	7	8	9	10	
<b>PASSING</b> [points]											Level:
<b>DRIBBLING</b> [seconds]											Level:
<b>TURNING</b> [seconds]											Level:
<b>SHOOTING</b> [points]											Level:
<b>BALL CONTROL</b> [points]											Level:
<b>OVERALL LEVEL ACHIEVED</b> [BRONZE, SILVER, GOLD]											
Coach or Parent signature: .....											
I confirm that ..... has reached this level of the McDonald's Skills Zone Challenge.											



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New Zealand Football would like to thank the following organisation for their invaluable support of Junior Football in New Zealand.



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