


Starkick

Program Structure

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all abilities footballers

Run the Gauntlet

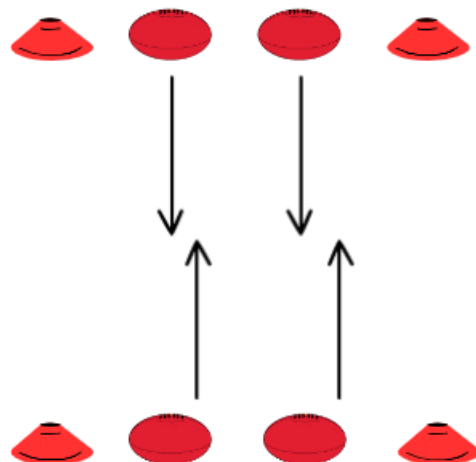
Dodgeball

EQUIPMENT REQUIRED:

- Cones
- Bag of balls

GAME PLAN:

- Make a rectangle roughly 4-5m long.
- Players start at one end, run through dodging and jumping footies being rolled from the side.
- First run through no one gets out.
- As players get hit they move to the side to roll footies at their friends.
- Game ends when last player is out. (Run through again)
- Switch it up- Get staff to run through and kids roll balls at them.



Rob the Nest

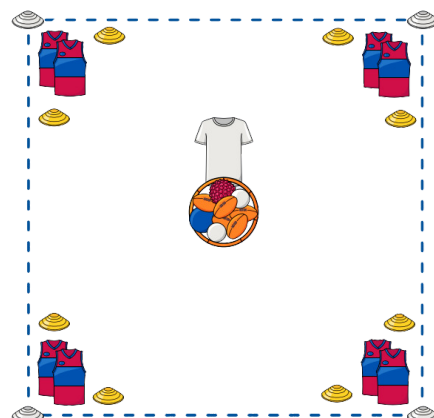
Ruckmans Treasure

EQUIPMENT REQUIRED:

- 5 x Hoola Hoops
- 30-40 footies/balls
- Parachute

GAME PLAN:

- Place a hoop on each corner of the playing square.
- Place a hoop in the middle and all the balls inside the hoop.
- Split group into teams.
- On the teachers call student's race one at a time to collect one ball and bring it back to their groups "nest" and tag the next student.
- After all all ball collected count to see who won.
- Now students can steal from each others group.
- Group with the most balls wins.
- Reset the nest, add parachute over the nest- Get support staff to assist with parachute.



Kick the Stick

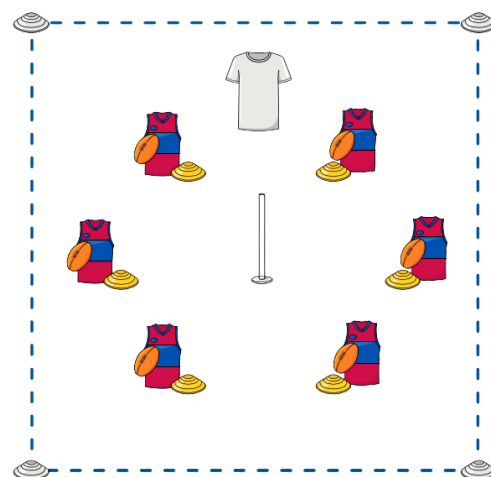
Target Practice

EQUIPMENT REQUIRED:

- 4x goal posts
- cones
- 1 x ball per student

GAME PLAN:

- Use the cones to make a circle with 1 goal post in the middle.
- Set up 4 stations
- Students are to stand behind cones with a ball each.
- On “Go” students kick their football and aim for the stick . Anyone who hits the stick gets a point.
- Kicking technique where possible, other options are to kick off the ground or off a cone. Can also practice handballing.
- After every student has had a turn then they can collect their balls and try again



Bump and Tackle Bags

with marking

EQUIPMENT REQUIRED:

- 4x bump/tackle bags
- bag of balls
- cones

GAME PLAN:

- Set up four stations
- Each station to have a bump bag, a handful of footies a couple of meters in front of bump bag and a cone 2 meters in front of the balls.
- Students are to stand behind cones.
- Coach/teacher to hold bump bag.
- Coach/teacher to stand with footies- throw or hold footy in air for student to catch/grab
- Player takes ball, tucks it under their arm and then hit the bump/tackle bag.
- Coach on tackle bag hits the floor make it dramatic.
- Player returns ball to first coach and goes to the back of the line.



Handball Practice

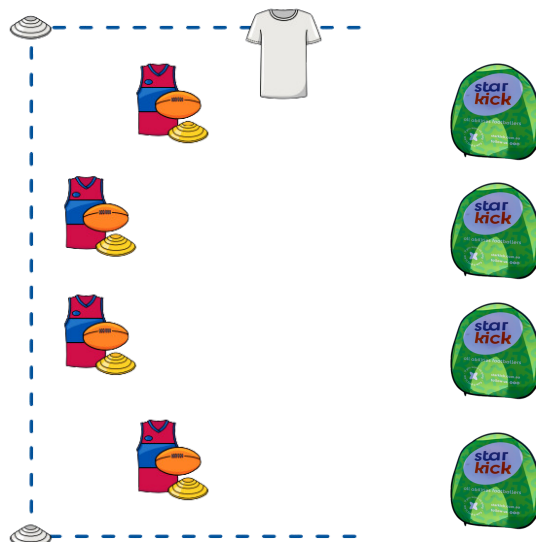
with targets

EQUIPMENT REQUIRED:

- handball targets
- bag of balls
- 4x hoola hoops

GAME PLAN:

- Show basics of how to handball
 - Make a fist (icecream cone)
 - Pancake hand
 - Elephant trunk
- Students to practice with partners or solo.
- Coach to then introduce the hoop.
- Students practice handballing footy through hoop.
- Coach to then introduce handball targets.
- Students practice handballing into handball target.



Tug of War Rope

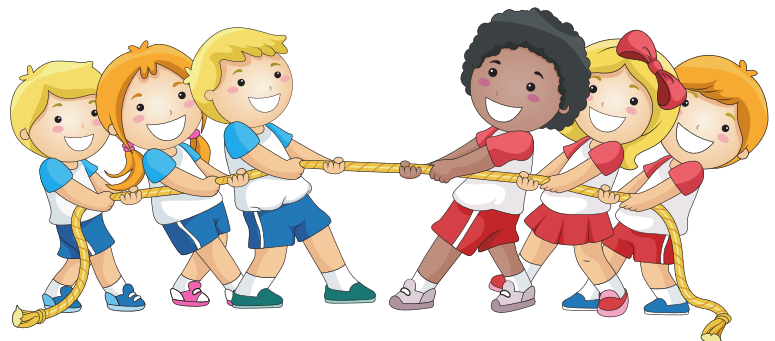
game of strength

EQUIPMENT REQUIRED:

- Tug of war rope
- Cones

GAME PLAN:

- Lay tug of war out and place cones where you would like students to start lining up from
- Split students into 2 teams
- Encourage staff to get involved also.
- Best of 5 try and get each side to win 2 each and then play for the decider
- Can include a student v teacher contest at the end



Goal Kicking

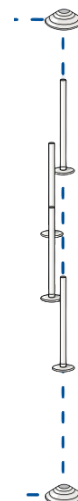
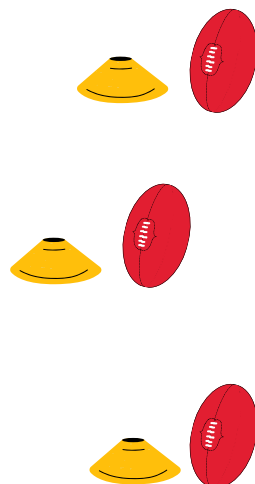
raining goals

EQUIPMENT REQUIRED:

- Goal Posts
- Bag of Footies
- Cones

GAME PLAN:

- Can be adapted to either use main goals on oval or set up a couple of goal sets spaced out.
- Split students into 2 teams if using two sets of goals
- Explain kick technique.
- Vary distance start close to goals and move back.
- Vary angles students are kick from.
- Adjust kicking to cater for all students.
- For those students who aren't confident encourage students to kick off the floor then work to kicking off a cone.



Heads Shoulders

knees, ball

EQUIPMENT REQUIRED:

- 1 ball and cone for each pair

GAME PLAN:

- Students partner up.
- Each group should have a football and cone.
- Cone can be used to raise the ball off the ground if needed.
- Coach calls out command such as “ Heads, shoulders, knees, toes etc”
- Students copy.
- When coach calls out ball students need to try and pick up the ball before their partner.
- Mix up call commands.
- To add an element of difficulty if suitable place ball and cone next to each other.
- Now you can mix in either calling for ball or cone for the students to pick up.



OPTION 1



OPTION 2

