





# HOW TO USE THE McDONALD'S JUNIOR FOOTBALL GAME CARDS

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 Game Cards offers volunteer coaches fun games for 4-12 year olds, each focusing on a particular technical outcome.

**WEEK 1** | DRIBBLING

**WEEK 2** | 1V1s

**WEEK 3** | PASSING

**WEEK 4** | SHOOTING

**WEEK 5** | BALL CONTROL

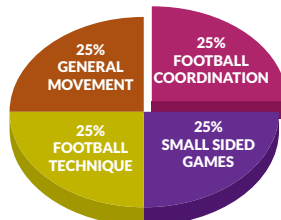
Every activity is an opportunity for young children to take part in fun, enjoyable football games which develop them as players and as people. Each game can be used for Football or Futsal and are perfect for playing in or outdoors. To do this check that SMILES are evident in your sessions:

- S Safe.** Check that the playing area, playing and coaching equipment is safe and know your emergency procedures.
- M Maximum Participation.** Try to ensure that all players are engaged in the activities provided
- I Inclusive.** Think of ways to adapt the games and activities to allow any child to join in
- L Learning.** Try to help the players to learn through playing and don't give them all of the answers straight away
- E Enjoyment.** Create a positive, fun environment which will help children fall in love with the game
- S Success.** Observe the activity and try to make the challenge point for players not too easy and not too hard

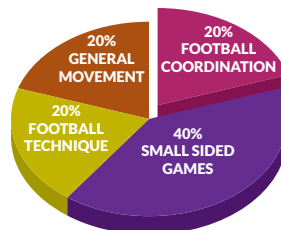
[www.nzfootball.co.nz/juniors](http://www.nzfootball.co.nz/juniors)



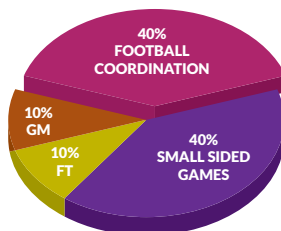
4-6 YEARS



7-8 YEARS



9-12 YEARS





# WEEK 1

## DRIBBLING

### GENERAL MOVEMENT



## FROZEN

### SET UP

1. Set up area 20x20m.
2. Place a circle of cones in the middle of the area. This is the Palace
3. One player begins inside the Palace. This player is Elsa
4. 3-4 players begin inside the area guarding the Palace. These are the Snow Monsters
5. Remaining players begin outside of the area. These are all Olafs
6. One player on the outside is nominated as Anna

### HOW TO PLAY

- Olafs attempt to free Elsa by running into the Palace, linking arms and running out of the area. If they achieve this then the game is won
- They must achieve this without being tagged by a Snowmonster
- If they are tagged, Olaf stays frozen in the area and Elsa returns back to the Palace
- Anna can come into the area and unfreeze Olaf, allowing them to join back in the game
- If Anna is tagged whilst inside the area, the game is won by the Snowmonsters

### STEP UP

All players to dribble a ball whilst playing

### STEP DOWN

Decrease the amount of snow monsters

### OUTCOMES

- Dodging & Turning
- Awareness of space
- Passing
- Dribbling
- Team work



Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development



# WEEK 1

## DRIBBLING

### FOOTBALL TECHNIQUE



## MASTERCHEF

### SET UP

1. Set up area 20x20m
2. Place a circle of cones in the middle of the area. This is the cooking pot.
3. 3m squares are placed in each corner of the area. These are the ingredients: "Tomatoes", "Cheese", "Spaghetti" and "Veges"
4. One player stands next to the coach out side of the area. This is the Masterchef
5. All other players begin inside the cooking pot, with a ball each

### HOW TO PLAY

- The Masterchef stands with the coach facing away from the game
- Masterchef shouts "Start cooking". Players have 10 seconds to dribble to one of the Ingredient Squares
- Masterchef then calls out an ingredient. The players that are stood in that ingredient square are out of the game. They put a bib on and continue but are unable to win
- Masterchef shouts "Start Cooking" and players must dribble through the cooking pot before visiting another square
- The game is repeated until 1 player remains without a bib. player wins and becomes the Masterchef

### STEP UP

Players must perform a trick when dribbling

### STEP DOWN

Players have longer to dribble to another square (eg - 12 seconds)

### OUTCOMES

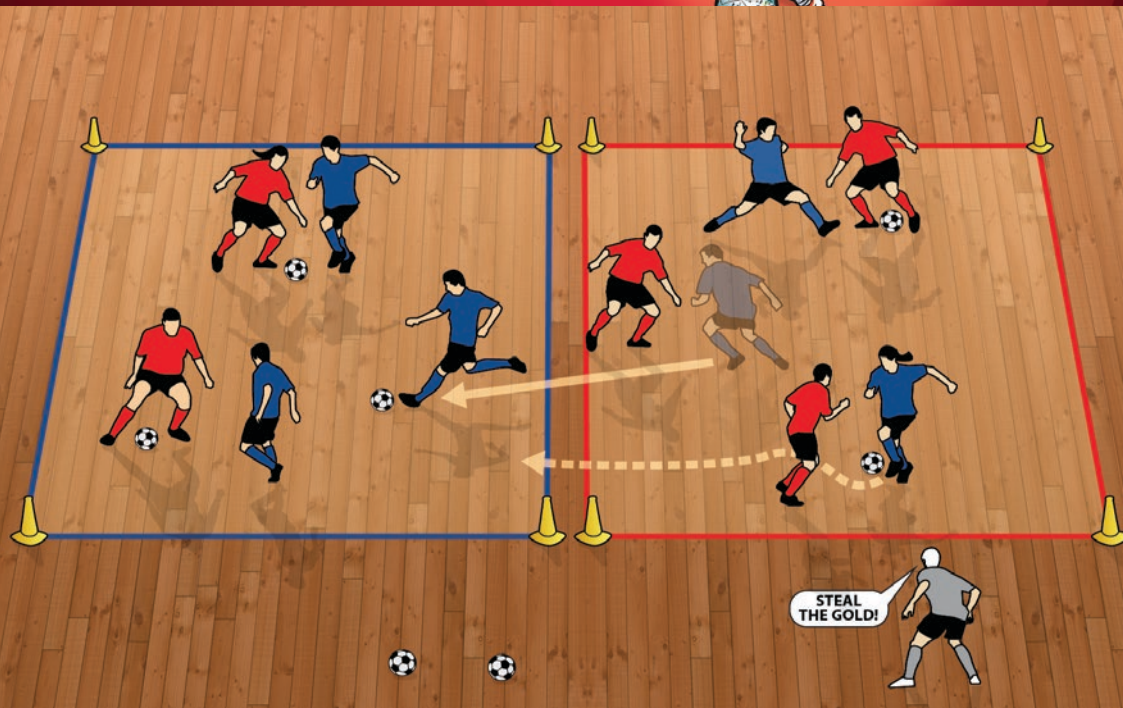
- Dribbling
- Awareness of surroundings
- Fundamental movements



# WEEK 1

## DRIBBLING

### FOOTBALL COORDINATION



## PIRATES

### SET UP

1. 2x Areas of up to 15m x 15m. The Areas (Islands) are separated by a 1m Channel in the middle
2. Divide group in two teams. The Players are the "Pirates"
3. Both teams are split equally between the two Areas
4. Every Player is matched up 1v1 with a Player from the opposite team

### HOW TO PLAY

- When the coach says "Steal the Gold" the Pirates try to protect their ball (Gold) from their opposition Pirate in their Area (Island). This is a 1v1
- If a Pirate steals the ball, without kicking the ball out, they must try to dribble the ball back to their own Island
- A team wins if they get every ball back in to their area.

### STEP UP

Increase the distance between the Islands

### STEP DOWN

Introduce safe zones where you can stay for a while and not be tackled

### OUTCOMES

- Moving the body & ball to beat defender
- Acceleration and Deceleration with the ball
- Awareness of space
- Dribbling at a defender
- Team work





# WEEK 1

## DRIBBLING

### SMALL SIDED GAME



## REBEL ATTACK

### SET UP

1. Area of up to 50x35m
2. 2 Goals at each end of area
3. 2 Teams, the Jedis and the Stormtroopers
4. All players on Jedi team start with a ball each

### HOW TO PLAY

- When the Coach says "Use the Force", the Jedis attack the Storm Trooper's Goal
- If a player's ball goes off the pitch (or a goal is scored), they leave it and join in with another attack
- If the Stormtroopers win a ball they can attack the Jedi goal
- Play continues until there is only 1 ball left on the pitch. The game then becomes a normal match
- Play for 5 minutes, until resetting to the original set up but Stormtroopers have the ball

### STEP UP

Continue with a ball each, until a goal is scored

### STEP DOWN

Both Jedis and Stormtroopers have a ball each at the start of the game

### OUTCOMES

- Dribbling and changing direction with close control
- Acceleration and deceleration with ball
- Decision Making –when to pass / shoot / dribble



# WEEK 2

## 1V1s

### GENERAL MOVEMENT



## PAPER SCISSORS ROCK

### SET UP

1. Set up an area of 20x20m.
2. Using cones, mark out 2m gates inside each area
3. Three players start inside the area holding a bib – these are the taggers
4. All other players begin inside the area with no bib

### HOW TO PLAY

- Game begins like a normal game of tag, with taggers attempting to catch a player who is not holding a bib
- As soon as they tag somebody, both players stop and face each other
- The two players take part in a game of “Paper, Scissor, Rock” and;
  - The winner must attempt to run through a gate before the loser tags them. If they achieve this, they are not a tagger
  - The loser must attempt to tag the winner before they run through a gate. If they achieve this, they are not the tagger
- Restart the game after 90 seconds, starting with different taggers.

### STEP UP

All players have a to dribble a ball whilst playing

### STEP DOWN

Introduce safe zones where players can not be tagged

### OUTCOMES

- Accelerating
- Turning & Dodging
- Dribbling
- Reaction speed



Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development



# WEEK 2

## 1V1s

### FOOTBALL TECHNIQUE



## FORTNITE - BATTLE ROYLE

### SET UP

1. Area of up to 20m x 20m, with a smaller area inside of up to 15m x 15m
2. Up to 20 cones are placed at random around the area
3. Each player has a ball each
4. All players begin inside the area

### HOW TO PLAY

- When the Coach says "Fortnite", players attempt to keep their ball inside the large area and try to collect as many cones (Treasure Chests) as possible
- At the same time players also have to try and kick other players balls out of the area
- If a player has their ball kicked out of the area, they must drop their Treasure Chests, retrieve their ball and dribble around 2 sides of the area before re-entering
- After 60 seconds the coach says "The Storm is Closing", and all players must enter the smaller area
- After another 30 seconds, the remaining people inside the area are the winners

### ▲ STEP UP

If your ball is kicked out of the area, you become a defender

### ▼ STEP DOWN

Introduce safe zones where you can stay for a while and not be tackled

### OUTCOMES

- Moving the body & ball to beat defender
- Acceleration and Deceleration
- Dribbling at a defender





# WEEK 2

## 1V1s

### FOOTBALL COORDINATION



## END GOALS

### SET UP

1. Area of up to 40x20m
2. 2 goals at each end of the area
3. 2 teams, with each team player numbered (1-5 for example)
4. Teams begin beside the goal which they are defending

### HOW TO PLAY

- Coach passes a ball into the middle of the pitch and calls a number
- The player of that number from each team runs out to the middle and attempts to score in the opposition goal
- Play continues until a goal is scored or the ball goes out of play
- Coach then calls another number and passes another ball onto the pitch

### STEP UP

Coach calls out more than one number to create 2v2s or 3v3s

### STEP DOWN

Coach kicks 2 balls on to the pitch when calling a number. Both players receive a ball and it is the first to score

### OUTCOMES

- Moving the body & ball to beat a defender
- Acceleration and Deceleration
- Dribbling at a defender



# WEEK 2

## 1v1s

### SMALL SIDED GAME



## BATTLE

### SET UP

1. Area of up to 50x35m
2. 2 Goals at each end of area
3. 2 teams
4. Players on each team are provided a number (1-5 for example)

### HOW TO PLAY

- Teams play in a regular small sided game, aiming to score in the opponents goal
- As well as the overall team score, players can have a 1v1 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

### STEP UP

Players receive 3 points if they dribble passed 2 players

### STEP DOWN

Introduce gates on the pitch. Each time a player dribbles through the gates they receive a point

### OUTCOMES

- Moving the body & ball to beat a defender
- Acceleration and Deceleration
- Dribbling at a defender



# WEEK 3

## PASSING

### GENERAL MOVEMENT



## LINK UP

### SET UP

1. Set up area 20x20m
2. All players start inside the area, without a ball
3. Two players are in bibs. These are the taggers

### HOW TO PLAY

- When game begins, taggers attempt to tag all players
- If players are tagged, they link arms with the tagger
- Linked players must then attempt to tag another player
- Game is over once the taggers have all players caught except for one. The remaining player is the winner
- Rotate the starting taggers after each game

### ▲ STEP UP

Taggers cannot have more than three players linked together  
All players have a ball to dribble. Linked players have one ball between them.

### ▼ STEP DOWN

Introduce "Safe Zones" for players where they can not be tagged

### OUTCOMES

- Accelerating
- Turning & Dodging
- Dribbling
- Teamwork & supporting others



Check out [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) for additional warm up games that support player development

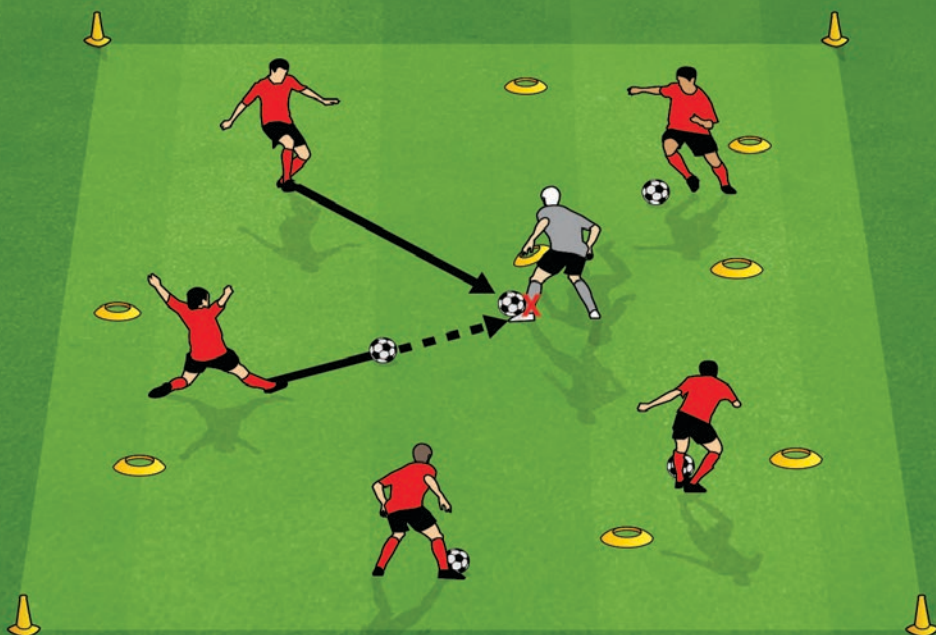




# WEEK 3

## PASSING

### FOOTBALL TECHNIQUE



## ROBO-COACH

### SET UP

1. Area of up to 20m x 20m
2. Players have a ball each
3. Cones placed randomly around the area

### HOW TO PLAY

- Coach acts as a robot trying to take over the world. Coach aims to take over the world by picking up all of the cones in the area.
- Players dribble around and try to kick their ball against the coach's leg.
  - The coach loses a body part each time they get hit
  - First time they are hit they lose an arm
  - Second time they are hit they lose the other arm
  - Third time they are hit they lose a leg
  - Fourth time they are hit they are destroyed and the players save the world

### STEP UP

Players must use different parts of the foot to pass

### STEP DOWN

Add in another player as a robot

### OUTCOMES

- Passing accuracy
- Passing Speed
- Timing of Pass
- Dribbling whilst keeping the ball close to you



# WEEK 3

## PASSING

### FOOTBALL COORDINATION



## LION KING

### SET UP

1. Area of up to 20m x 25m.
2. Area is split in two halves
3. Two Teams – Team “Lions” and Team “Hyenas”. Each player is given an individual number
4. Each team has one ball

### HOW TO PLAY

- Both teams begin by passing to each other
- When the coach calls out a number, that player from Team Lion becomes “Simba” and that player from Team Hyenas become “Scar”. Simba and Scar have 20 seconds to go into the opposite teams half and win the ball back.
- Team is awarded points if Simba or Scar:
  - Touch the opposition ball = 1 point
  - Dribble the ball to their own area = 2 points
  - Pass the ball back to their own area = 3 points

### STEP UP

Send two players in to win the ball

### STEP DOWN

Teams receive a goal for each 3 passes they complete in a row

### OUTCOMES

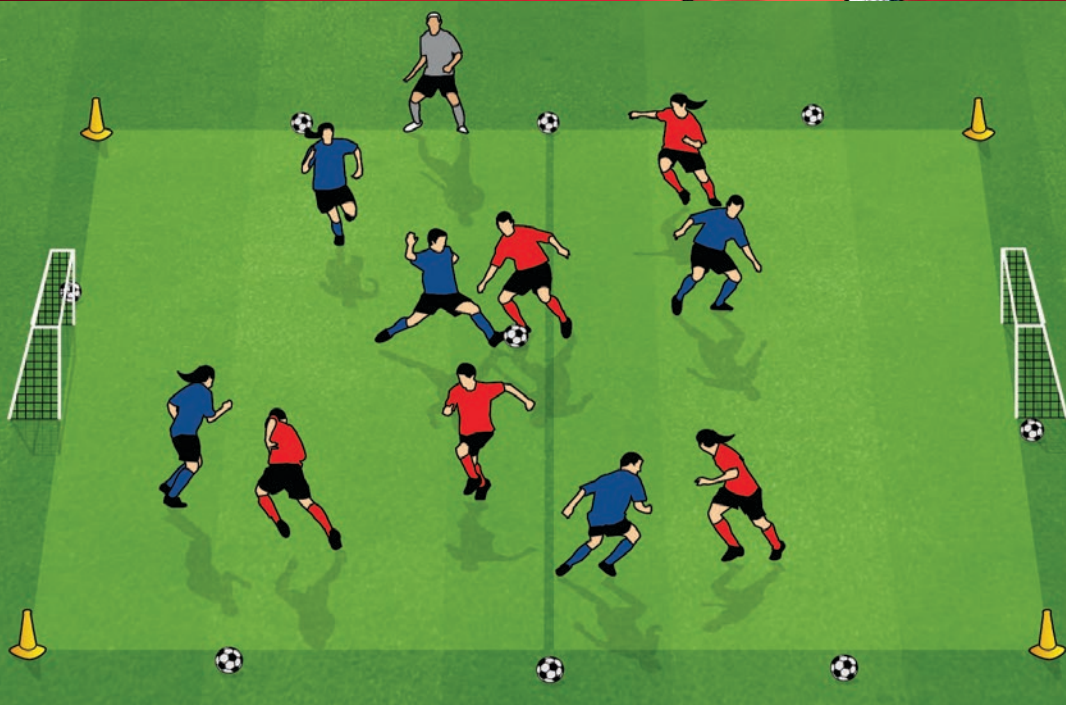
- Passing Accuracy
- Passing Speed
- Timing of pass
- Passing in front of your team mate or to their feet



# WEEK 3

## PASSING

### SMALL SIDED GAME



## PASS MASTER

### SET UP

1. Area of up to 50x35m
2. 2 Goals at each end of area
3. 2 teams

### HOW TO PLAY

- Teams play in a regular small sided game, aiming to score in the opponents goal
- The number of passes that a team manages to complete in the move that leads to a goal, is the amount of goals awarded
- For example – 5 passes completed before a goal is scored = 5 goals

### STEP UP

Players receive 3 points if they manage to complete a “1-2”

### STEP DOWN

Teams receive a goal for each 3 passes that they complete in a row

### OUTCOMES

- Receiving the ball with different parts of the body
- Receiving the ball towards the goal
- Receiving the ball away from defender







# WEEK 4

## SHOOTING

### GENERAL MOVEMENT



## SUMMER HOLIDAY

### SET UP

1. Area of up to 20x20m
2. Area borders to be set up with different colour cones and are named "Beach", "Mountains", "Bush" and "City"
3. Players in the area with a ball each. This is their luggage

### HOW TO PLAY

- Players dribble the ball around the area, using both feet and trying new tricks
- When coach calls out a holiday destination, players must dribble their ball to that destination
- Players must take their luggage with them at all times
- Play then restarts with players dribbling

### ▲ STEP UP

Add a defender (Passport Controller) who stops players going to a particular holiday destination

### ▼ STEP DOWN

When holiday destination is called, players can carry ball in hands

### OUTCOMES

- Dribbling with close control
- Practicing lots of different turns



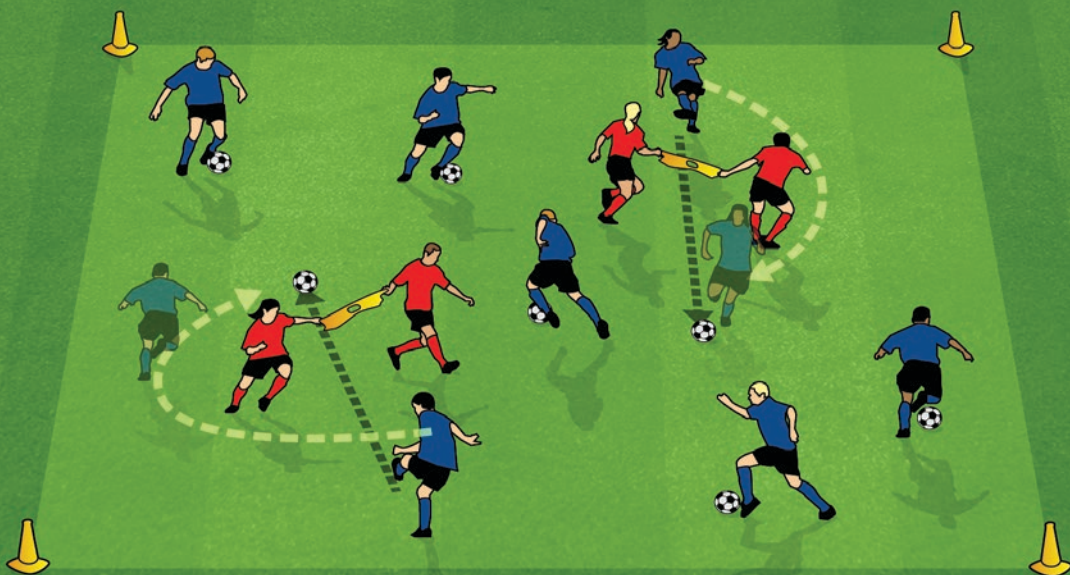
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# WEEK 4

## SHOOTING

### FOOTBALL TECHNIQUE



## MOVING GOALS

### SET UP

1. Area of up to 30x20m
2. 2 "Goals" in area. Goals are made of 2 players holding one end of a bib each
3. All other players have a ball each

### HOW TO PLAY

- The 2 'goals' move around the area keeping a bib stretched out to maintain distance between them
- Players dribble around and try to score by kicking the ball between goal, underneath the bib. "Players follow their shot to collect the ball and continue
- 1 point for every goal. Try to score as many points as possible in 90 seconds

### ▲ STEP UP

Players have to take shots with alternate feet

### ▼ STEP DOWN

Moving goals can only move at walking speed

### OUTCOMES

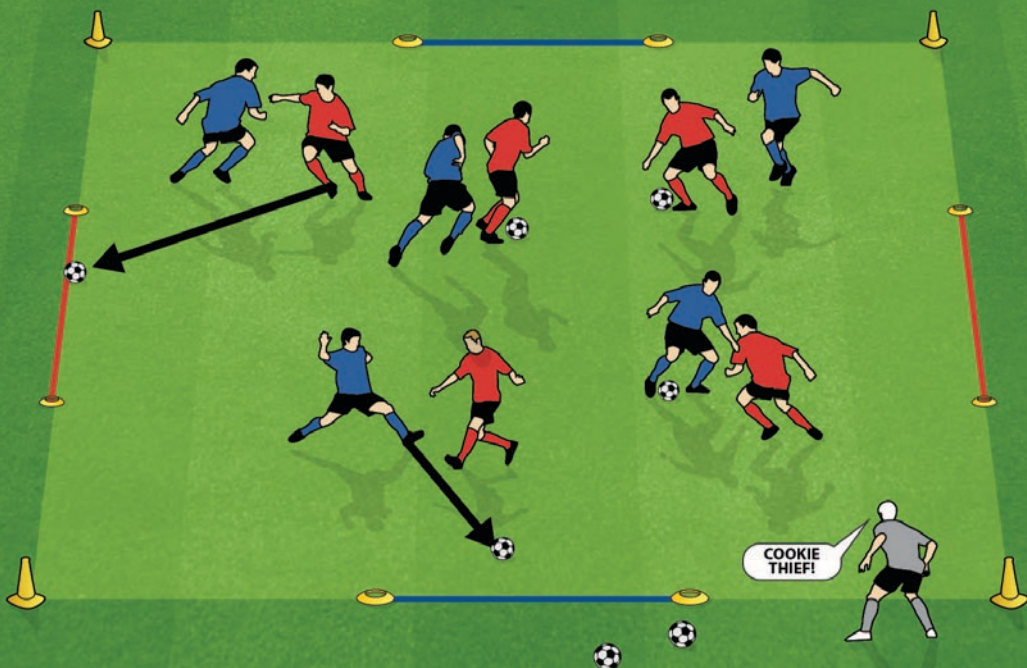
- Shooting Accuracy
- Shooting Power
- Timing of the shot



# WEEK 4

## SHOOTING

### FOOTBALL COORDINATION



## COOKIE THIEF

### SET UP

1. Area of up to 20m x 20m
2. Four Goals around the outside of the Area. Two Goals are assigned to each Team. These Goals are the Cookie Jars
3. Two Teams. Players are matched up in Pairs with another Player from the opposite Team
4. One Ball per Pair. The Ball is the Cookie

### HOW TO PLAY

- Players with the ball move around the area performing movements or techniques while their partner follows them copying their actions e.g. turning, jumping, jogging on the spot, step overs etc.
- When the coach says "Cookie Thief", the Player with the ball tries to score by getting the Cookie into either one of their Cookie Jars. Their partner attempts to stop them from scoring
- If the opposition player gets the ball, they can go score in their own Goals

### STEP UP

Players have to take shots with alternate feet  
Players have a time limit to score

### STEP DOWN

Players can score in any goal

### OUTCOMES

- Moving the body & ball to beat defender
- Acceleration and Deceleration
- Dribbling to beat a defender
- Shooting Accuracy
- Shooting Power
- Timing of the shot





# WEEK 4

## SHOOTING

### SMALL SIDED GAME



## CAPTAIN MARVEL

### SET UP

1. Set up area 60x40m. Modify area depending on the age & number of players
2. Divide group into two teams and bib accordingly
3. Each team has two Avengers - nominating one player to be the "Hulk" and another to be "Captain Marvel"
4. Place balls in the goals and around the pitch to restart the game quickly

### HOW TO PLAY

- A normal game is played, with teams attempting to score in the oppositions goal
- Coach let's each team know who the opponent's Avengers are
- If the "Hulk" scores for a team, that goal is worth 3 goals
- If "Captain Marvel" scores for a team, that goal is worth 5 goals
- Rotate Avengers on a regular basis

### STEP UP

Teams are allowed to keep their "Hulk" and "Captain Marvel" a secret from the opposition

### STEP DOWN

Teams can play a "Super Powerplay" at any minute. For that minute, goals scored are doubled for each Avenger

### OUTCOMES

- Passing
- Dribbling
- Shooting
- Teamwork



# WEEK 5

## BALL CONTROL

### GENERAL MOVEMENT



## CUCKOOS

### SET UP

1. Area of up to 30m x 30m
2. Each Area boarder to have 5 cones in a line. These are the team nests
3. 4 teams of "Cuckoos", with each team nominating a "Nest Defender"
4. Lots of balls in the middle of the Area. These are the "Eggs"

### HOW TO PLAY

- On the coaches call, all Cuckoos must collect as many "Eggs" from the centre and place them on a cone at their "Nest" (One Egg per Cuckoo)
- Once "Eggs" are gone from the centre, Cuckoos are allowed to steal from other "Nests", without being tagged by a Nest Defender
- If Cuckoo is tagged, they must return to their Nest before trying again
- Play for 1 minute and see who has the most Eggs in their nest

### ▲ STEP UP

Cuckoos must dribble their Eggs back to the Nest

### ▼ STEP DOWN

Remove the Nest Defenders

### OUTCOMES

- Dodging & weaving
- Acceleration and Deceleration
- Dribbling



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# WEEK 5

## BALL CONTROL

### FOOTBALL TECHNIQUE



## BUZZ OFF

### SET UP

1. Area of up to 25x25m
2. 2 goals in the middle of the area, facing away from each other. This is the "Honey pot"
3. 2 players in bibs, without a ball. These are the "Bee Keepers"
4. All other players in area with a ball ("Bees"). The ball is their "Honey"

### HOW TO PLAY

- Bees dribble their ball (Honey) around the area
- Bee Keepers try to steal the honey and put it in the Honey Pot
- If a Bee loses their honey, they become a Bee Keeper
- At the end of 1 minute, the Bees with honey are the winners

### ▲ STEP UP

Increase the number of Bee Keepers

### ▼ STEP DOWN

If a Bee loses its honey, it is able to get some more from the coach

### OUTCOMES

- Dribbling with close control
- Passing weight & accuracy
- Receiving the ball away from a defender

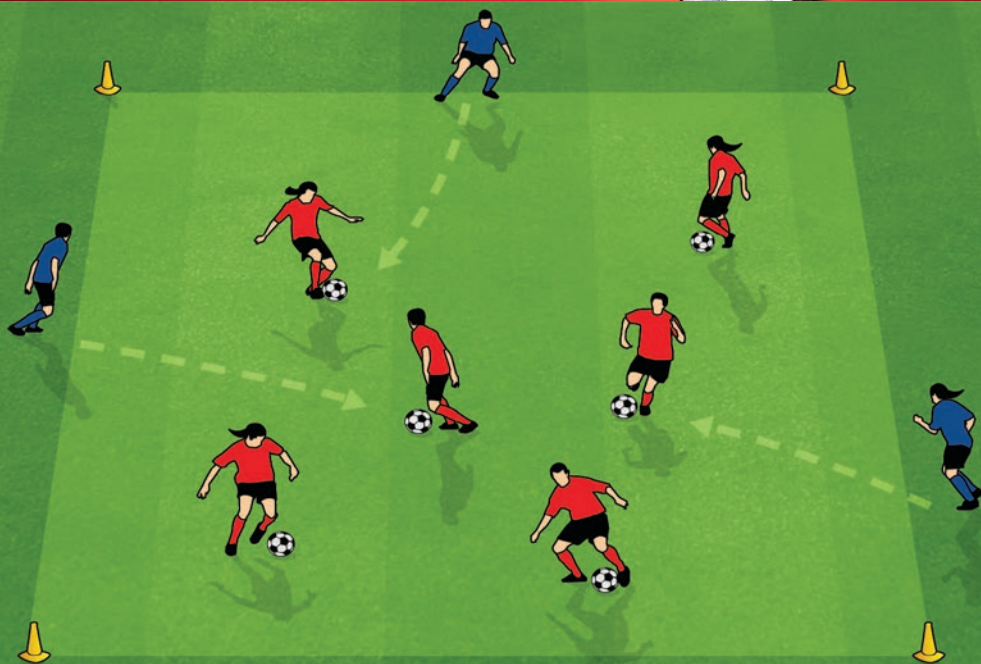




# WEEK 5

## BALL CONTROL

### FOOTBALL COORDINATION



## RUNAWAY TRUCKS

### SET UP

1. Area of up to 30x30m. This is the road
2. Players are cars and have a ball each. The ball is the car "engine"
3. 2 bibbed players off the road. These are the "Runaway Trucks"

### HOW TO PLAY

- Players dribble the ball around the area, reacting to Coaches' commands:
  - "Green Light" – Player begins to move
  - "Red Light" – Player stops
  - "U-Turn" – Player performs turn to face opposite way
  - "Somebody's in the way!" – Players make beeping noise
- When coach shouts "Runaway Trucks", bibbed players enter the area and try to kick the car's engines off the road

### STEP UP

Introduce more runaway trucks

### STEP DOWN

Introduce "safe zones" for cars, where they are unable to lose their car engine

### 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



# WEEK 5

## BALL CONTROL

### SMALL SIDED GAME



## SUPPORTERS

### SET UP

1. Area of up to 40x30m
2. 2 Goals at each end of area
3. 3 teams
4. 1 of the teams start around the outside of the pitch.  
These are the "Supporters"

### HOW TO PLAY

- Teams take part in a regular Small Sided Game
- "Supporters" play for the team in possession
- "Supporters" can not be tackled and must remain on the outside of the pitch

### ▲ STEP UP

"Supporters" can be tackled by players from the inside

### ▼ STEP DOWN

2 "Supporters" can play inside the pitch

### OUTCOMES

- Receiving the ball with different parts of the body
- Receiving the ball towards the goal
- Receiving the ball away from defender





11+

**11+ KIDS**

## A PROGRAMME TO IMPROVE FUNDAMENTAL MOVEMENT SKILLS FOR FOOTBALL PERFORMANCE

11+ Kids provides fun activities that can be used as part of a warm up for a session. Various levels of each activity are available so that it is appropriate for the child's age and stage of development.

**THE 11+ KIDS PROGRAMME HELPS A CHILD'S DEVELOPMENT BY:**

- Improving Coordination and balance
- Strengthening the leg and core muscles
- Learning appropriate fall techniques

**A FUN WAY TO  
ENHANCE  
PERFORMANCE  
AND REDUCE  
INJURIES FOR  
KIDS**

VISIT [FIT4FOOTBALL.CO.NZ](https://fit4football.co.nz) TO FIND MORE  
ABOUT THE 11+ KIDS PROGRAMME



**FIT4FOOTBALL**  
[FIT4FOOTBALL.CO.NZ](https://fit4football.co.nz)



**NEW ZEALAND  
FOOTBALL**

**ACC  
SportSmart**



# 11+ KIDS WARM UP EXAMPLES



## PLANK

### TUNNEL BALL



2x  
GAMES

8x  
ROLLS

A strong core is important for body stability, strength, generating power and injury prevention.

- Players perform the plank positions with strong, tightened core muscles throughout all variations
- Players create a tunnel, supported on their hands and toes
- Player at the start of the tunnel rolls the ball and then joins the tunnel
- Player at the end of the tunnel runs the ball back to start and rolls it through

### Coaching Tips

- Head, shoulders, back and pelvis are all aligned
- Players tighten the core abdominal muscles and buttocks

## SINGLE LEG STANCE

### THREAD THE NEEDLE



5x  
THROWS  
PER  
LEG

Develop and improve balance, strength and stability on one leg with the added difficulty of ball variables and force.

- Players partner up and face each other while balancing on one leg and maintaining stability
- Players throw the ball back and forth while remaining stable on one leg
- Encourage a variation of passes, high and low to challenge players balance

### Coaching Tips

- Toes and foot of supporting leg point forward
- Hips and pelvic line are level
- Hips and the knee of supporting leg are always slightly bent
- Front on, the hip, knee and foot of the supporting leg are in a straight line

## SPIDERMAN

### CRAWLING



5-10  
METER  
CRAWLS

3x  
GAMES

Develops body stability and mobility, grows a range of athletic motor skills and improves strength.

- Players assume the Spiderman position by lifting their hips off the ground while facing upwards, supporting themselves on their hands and feet
- Players stay in the Spiderman position for the duration of the exercise
- Players crawl forwards by moving their feet and hands

### Coaching Tips

- Players to keep hips and buttocks elevated
- Body should be in as straight line as possible
- Feet always under or in front of knees (knee angle 90° or more)

VISIT [FIT4FOOTBALL.CO.NZ](http://FIT4FOOTBALL.CO.NZ) TO FIND MORE EXAMPLES OF  
11+ KIDS EXERCISES YOU CAN ADD TO YOUR SESSION



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**SportSmart**