



 **JUNIOR**
FRAMEWORK 

“McDonald’s has supported junior football in New Zealand for over a decade, and globally has been a sponsor of the FIFA World Cup for over 20 years. Our focus has always been to help Kiwi kids and their parents enjoy football, with programmes such as Small Whites, and the development of coaches and players through the McDonald’s Skills Zone. We even sent a Kiwi to walk onto the pitch with the players at the FIFA World Cup Final!

We have increased our involvement with New Zealand’s most popular game further with McDonald’s Junior Football. McDonald’s shares New Zealand Football’s goal to get more kiwi kids registered and playing club football. We believe that through increased investment at a national level, and by connecting McDonald’s restaurants and franchisees with even more clubs we can achieve this goal, and help children live active and balanced lives.

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.”



“As a kid growing up there was nothing I loved more than playing football with my friends. Having fun scoring goals, trying new skills and copying our football heroes helped me fall in love with the game.”

WINSTON REID ALL WHITES CAPTAIN

“I’ve always enjoyed football from a young age. Having fun and working together with my team mates gave me the foundation I needed to become a Football Fern.”

ABBY ERCEG FOOTBALL FERNS CAPTAIN

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PURPOSE & OBJECTIVES

WHAT ARE OUR PURPOSE AND OBJECTIVES?

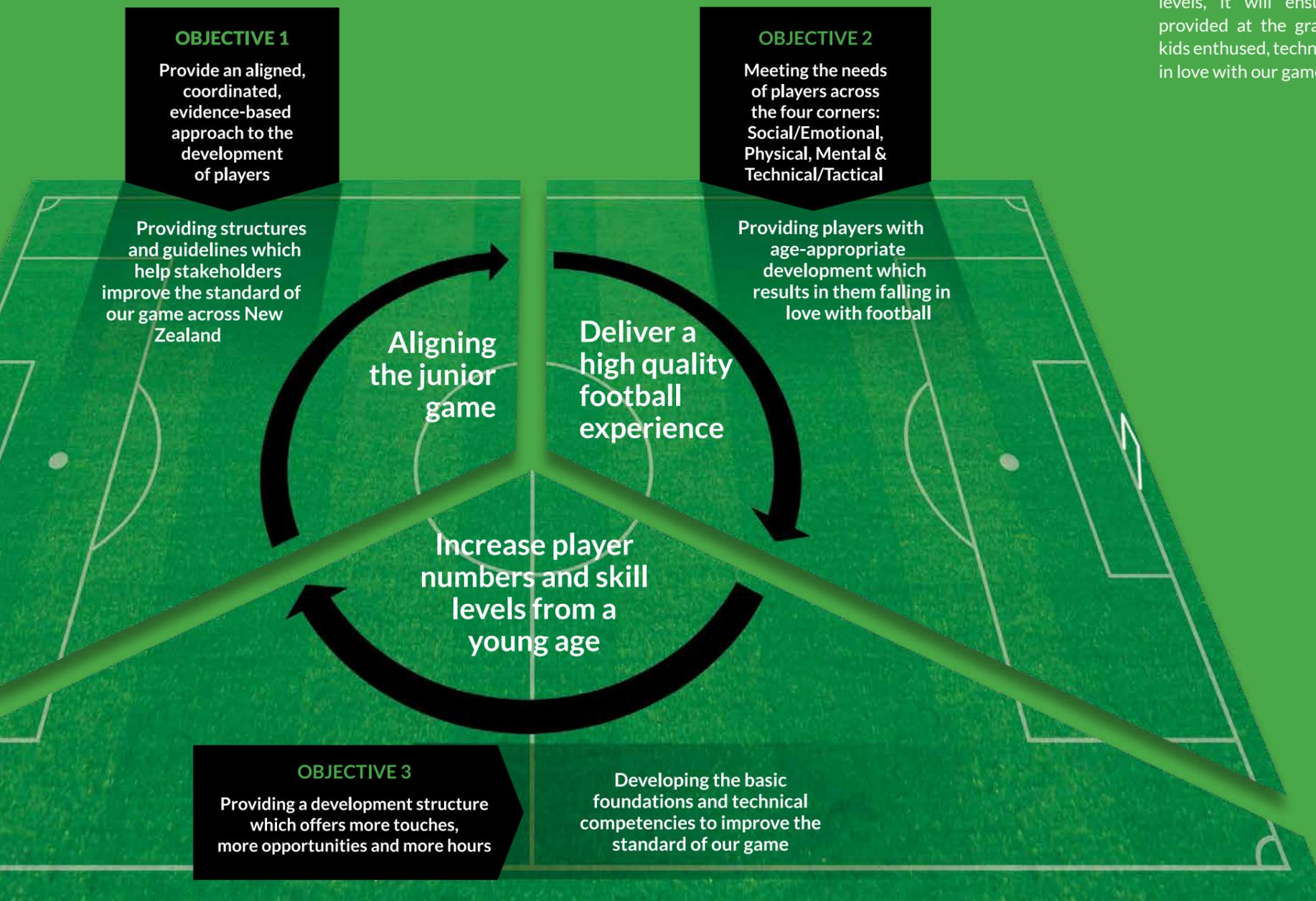
The McDonald's Junior Framework provides a consistent, coordinated national approach to the development of junior players. Its main aim is to provide all junior players with high quality football experiences that increase both skill levels and the passion for playing football. Through the McDonald's

Junior Framework players will experience age appropriate football games and coaching in a programme that is specifically tailored to meet their football wants and needs.

Through standardised playing formats, clear outcomes and training recommendations for each

stage of a players development, alignment will be achieved across New Zealand in McDonald's Junior Football as well as increased support for our volunteer coaches.

The importance of the McDonald's Junior Framework cannot be underestimated. Implemented with commitment at all levels, it will ensure the experience provided at the grassroots leaves Kiwi kids enthused, technically competent and in love with our game.



WHAT IS THE McDONALD'S JUNIOR FRAMEWORK?

New Zealand Football's National player Development Framework provides an aligned, cohesive structure in order to meet the needs of players across all levels of the game. There is a clear distinction between the progressive stages within the framework, with each stage having clear objectives, guidelines and structures so that coaches and administrators are better equipped to meet the needs of our players, right up to adult football. The Junior Framework is ultimately the foundation of future participation in our game as well as being the platform for talented players to start emerging and progressing.

Regardless of motivation or ability levels, players should enjoy a high-quality experience at all stages. The framework aims to meet the needs of all young players, while ensuring they can move across the spectrum from community recreational football right through to the talented perform pathway.

As you can see from the framework diagram, the Junior Framework offers programmes across all three pathways in order to cater for the three foundation stages of players development (Fundamentals, playful technical training and football specific basic training). Although in this document we focus on our affiliated community participation players who play within clubs, where we offer three standardised programmes; McDonald's First Kicks (4-6 Years), McDonald's Fun Football (7-8 Years) & McDonald's Mini Football (9-12 Years), the McDonald's Junior Framework also caters for our new and most talented players.

For new players, recreational programmes are available which focus on providing more opportunities for kids to play, experience and hopefully fall in love with football.

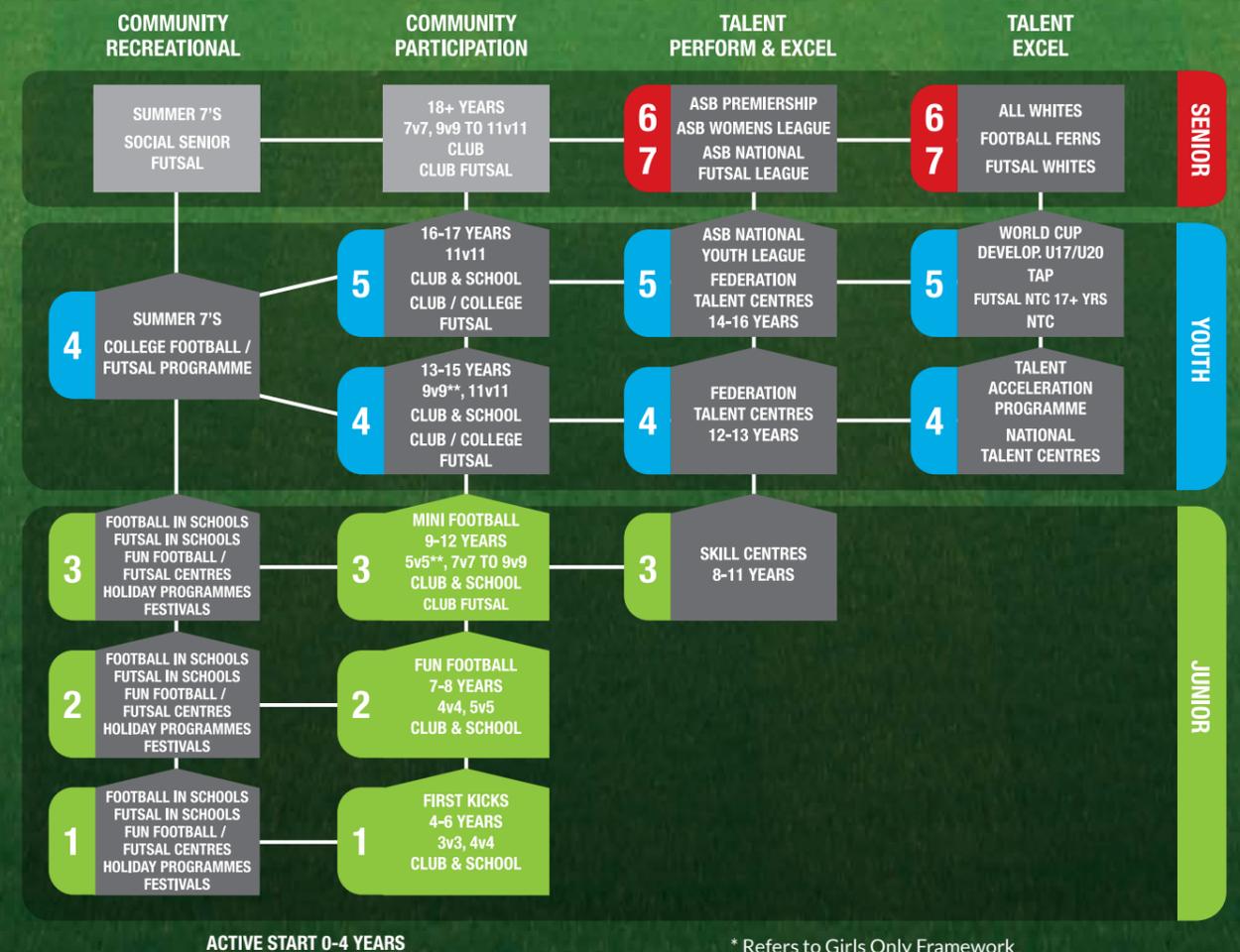
Community Recreational programmes such as Fun Football festivals, Fun Football centres and holiday programmes are

flexible and aim to attract new players to our game long term. This provides our community participation players with more opportunities to play more football in and out of season. Also available for McDonald's Junior Football players are our Federation Skill Centres. These provide the most talented club players with the opportunity to work with the best coaches and players in their area, creating a platform to progress through other talent programmes available in the Youth Framework.

CHARACTERISTICS & OBJECTIVES OF PLAYER DEVELOPMENT STAGES

- 1 The sub-objectives of all development stages systematically build upon one another
- 2 The training stages are adjusted to players natural development phases and blend into one another
- 3 The individual development of players always influences objectives, content, methods
- 4 Skipping stages limits the opportunity to achieve systematic and optimal player development

THE JUNIOR PLAYER DEVELOPMENT FRAMEWORK



STAGES OF DEVELOPMENT



McDONALD'S JUNIOR FRAMEWORK PRINCIPLES

WHAT PRINCIPLES UNDERPIN THE McDONALD'S JUNIOR FRAMEWORK?

Underpinning the McDonald's Junior Framework are the following principles which provide us with clear guide ropes for an effective junior structure:

1. Accumulation of Hours and number of Touches

The McDonald's Junior Framework provides a development structure that focuses on increasing the number of hours spent playing football and the number of touches on the ball. Guidelines are provided within this document which indicate the number of hours players at different stages should be training and playing per week to ensure that players are accumulating the required amount of hours to be technically competent for life. To maximise the limited time available for players to play football, standardised Small Sided Games ensure that players touch the ball as much as possible to build their technical ability.

2. Early Engagement

The McDonald's Junior Framework focuses on promoting early engagement of players rather than specialising in football at such a young age. Emphasis is placed on the quality of experience to develop an intrinsic motivation and love for the game that will support players who wish to specialise in football later.

3. Recognising Development Age

As players progress through the McDonald's Junior Framework, individual differences in development ages will start to emerge within the same chronological age groups. Through flexibility and recommendations provided in the McDonald's Junior Framework, coaches and administrators can be more aware of the needs of young players, and allow them to reach their true potential by catering for players more individually.

4. Training Emphasis Periods

The correct emphasis on the development of a player at the right time is crucial to ensure maximal response is achieved. The McDonald's Junior Framework aims to promote and develop the awareness of training emphasis periods, particularly for skill and physical development by providing clear recommendations for training to allow coaches to maximise the optimal windows of development that naturally exist.

5. Four Corners Approach

The gradual progressive development of the junior player across all four corners is fundamental to their enjoyment, competency and retention in the game long term. Development across all four corners of a player's development ensures that we take into consideration all factors that may be affecting a child's development as well as taking responsibility for developing the whole person and not just the football player. Although priorities may differ as players mature, the four corner model provides a reference for coaches and ensures individual components are not considered in isolation. The McDonald's Junior Framework programmes have been designed with the four corners of player development in mind relative to ages and stages of development, but coaches still must consider the individual development needs of each player as these can differ between players of the same chronological age.



6. Age Appropriate Games

The gradual progression of Small Sided Games from 3 to 9 a-side ensures players are able and ready to move to the adult version of the 11v11 game. As with any learning process, it is a staggered progression that will ultimately leave the junior player more competent when playing the full sized game at 11 a-side. The smaller game not only provides a greater number of touches on the ball, but more shots, more goals scored and generally more interactions

between players. In addition smaller pitches enables a greater number of games to be played and players to play on the same football pitch through lots of mini games taking place simultaneously.

PRINCIPLES

- 1 ACCUMULATION OF HOURS & NUMBER OF TOUCHES
- 2 EARLY ENGAGEMENT
- 3 RECOGNISING DEVELOPMENT AGE
- 4 TRAINING EMPHASIS PERIODS
- 5 FOUR CORNERS APPROACH
- 6 AGE APPROPRIATE GAMES



McDONALD'S JUNIOR FRAMEWORK DIRECTION

SMALL SIDED GAMES - THE KEY INGREDIENT

Street football across the world has been instrumental in the development of world-class players. Small Sided Games provide a fantastic opportunity for developing technically proficient and creative football players in a New Zealand context.

These days, time restrictions, computers and traffic can restrict the amount of street or backyard football played. This is why we need to bring young players together and create conditions where they can just play, learning from their own mistakes and accumulating many football hours. The Junior Framework simply aligns club programmes and provides a supporting rationale to ensure all players are provided with the right formats at the right time, based on their developmental needs.

Studies confirm that children get more enjoyment and learn more from playing in Small Sided Games with simplified rules. With more involvement, players get to touch the ball

more often and have to make many more decisions with the ball never too far away.

Small Sided Games are a modified form of 11-a-side football, designed to meet the needs of junior players. These players have very different needs to adult players, particularly when their physical, mental, social and technical development is taken into account. The overall philosophy of Small Sided Games focuses on enjoyment and freedom of expression with very little coach involvement, particularly in the crucial early stages.

The diagram below summarises research undertaken in Small Sided Games and highlights the benefits in creating more technically proficient and creative players.

The benefits extend far beyond technical and tactical development. They ensure children develop an innate love for the game and remain in our sport for longer, hopefully passing on their enthusiasm to the next generation.



SMALL SIDED GAMES - OUR FOOTBALL FOCUS

Small Sided Games contribute to the development of the junior player significantly across all four corners of their development, as demonstrated in the below diagram.



HOLISTIC PLAYER DEVELOPMENT

McDONALD'S FIRST KICKS (4-6 YEARS)

McDonald's First Kicks - The first introduction to football: developing fundamental physical skills in a safe, fun and rewarding environment.

It is essential that young players are exposed to a high-quality experience that's designed to meet their needs. This will be their first experience of practising and playing football in an organised environment, which can be the deciding factor for whether football becomes their sport of choice. That's why it's crucial that the playing experience is fun and exciting right from the start, and is sustained throughout the McDonald's First Kicks football season.

This initiation phase allows children to discover the game, provides for basic fundamental movement skills and creates a positive football experience

What does the McDonald's First Kicks Player want and need?

The key to providing a high-quality experience is understanding the needs of 4-6 year-old children. Through understanding the stage of development they are at, and how they see the world, we can create a positive coaching and playing environment. Remember, we are developing the person not just the player.



TECHNICAL & TACTICAL	
CHARACTERISTICS	MEETING NEEDS
Little coordination or familiarity with a football	Discover the Ball
Exposed to lots of other generic sports at this age	Ball each with lots of touches
Little understanding or comprehension of how the game is played	Running and turning using all surfaces of both feet

MENTAL	
CHARACTERISTICS	MEETING NEEDS
Short concentration span	Stimulate the mind through variation and fun
Approach things with high levels of curiosity and imagination	Short varied activity
Have a positive outlook and can move on from mistakes very easily	Attach stories to games
Lack of spatial awareness	Small Sided Games

PHYSICAL	
CHARACTERISTICS	MEETING NEEDS
Often uncoordinated	Simple movement & coordination
Energetic	Include games with lots of movement
Fear of physical contact	Activities with running, jumping, tumbling and turning

SOCIAL / EMOTIONAL	
CHARACTERISTICS	MEETING NEEDS
Unaware of group involvement in activities which is of little importance to them	Encourage the individual to explore
Playful	Sessions which focus on individual development
	Fun and exciting games

HOLISTIC PLAYER DEVELOPMENT *cont...*

McDONALD'S FUN FOOTBALL (7-8 YEARS)

McDonald's Fun Football - Developing core physical skills and laying down the technical foundations for future football competency in a fun, motivational environment

The McDonald's Fun Football player's experience should be filled with new and exciting challenges. Players are shifting to a more football-specific environment, which offers fun and excitement throughout the season to help ensure they fall in love with football.

What does the McDonald's Fun Football Player want and need?

Whether players fall in love with football is down to the experience they receive throughout the season. A fun and motivational coaching and playing environment should be provided to meet the wants and needs of the developing 7-8 year old child.

Generally McDonald's Fun Footballers are enthusiastic, motivated and have a desire to be active. Game leaders must provide them with lots of variation and create environments where they can explore new things through 'just playing'.



TECHNICAL & TACTICAL	
CHARACTERISTICS	MEETING NEEDS
Football specific skills i.e. passing, dribbling, shooting are very basic and just are starting to form	Players are ready to develop football specific techniques particularly dribbling and shooting, build on their basic foundation
Uncoordinated with the ball in the early stages	Playfully learning the basic skills
Little understanding or comprehension of how the game is played (in and out of possession)	Let them play; give them room to explore and learn through their own experience while helping them understand the basic concepts/rules of the game

MENTAL	
CHARACTERISTICS	MEETING NEEDS
Sensitive to criticism, enjoy being successful and seek praise	Lots of praise and encouragement
Short concentration span	Keeping all players involved, all of the time
Enjoy fun games	Attach stories imagination to games
Lack of spatial awareness	

PHYSICAL	
CHARACTERISTICS	MEETING NEEDS
Often Uncoordinated	Provide opportunities for players to explore different movement patterns i.e. hopping, skipping, twisting and turning and combinations of these patterns
Energetic	Include games that involve quick changes of direction, turning at different angles, weaving and dodging, use a ball for extra motivation
Desire for gymnastic type activities with lots of different movement	

SOCIAL / EMOTIONAL	
CHARACTERISTICS	MEETING NEEDS
Not very aware of group involvement in activities	Help players to become more aware of their teammates
Start to engage with other peers as they develop through McDonald's Fun Football	Build on individual development
Excitable and playful	Introduce the concept of 'team' through games

HOLISTIC PLAYER DEVELOPMENT *cont...*

McDONALD'S MINI FOOTBALL (9-12 YEARS)

McDonald's Mini Football - Developing the football specific movement and technical capabilities to support lifelong participation in football

The McDonald's Mini Football player's experience should be filled with motivational and competitive challenges, with a growing emphasis placed on the learning of football skills within the context of the game. McDonald's Mini Football players are hungry to learn, so coaches should apply game-based approaches to learning the more advanced skills required in the game. As players progress through McDonald's Mini Football, they start to develop a greater understanding of how the game is played both in attack and defence, and will start to understand how to create and

deny time and space. In summary, the season should offer motivation, competition and learning, to develop a well-rounded player.

What does the McDonald's Mini Football Player want and need?

This is the stage to ensure core skills are in place for long-term participation in football. On top of this, we strive to create a motivational environment that promotes a desire to play the game with all players.

At this age, players are generally competitive and have a desire to learn through playing. Coaches must provide them with a challenging environment that offers lots of opportunities to learn new skills and apply them within a game.



TECHNICAL & TACTICAL	
CHARACTERISTICS	MEETING NEEDS
Players are hungry to learn new skills. Basic tactical development with reference to roles within a team	Refining techniques relating to roles and introducing more advanced tactical elements
Players are becoming interested to learn the relevant skills required in the game	Enthuse and encourage skill development with both feet
Players are more aware of the concept of team	Link training to matches with basic tactical development
Players become more tactically aware of the principles relating to creating and denying space	

MENTAL	
CHARACTERISTICS	MEETING NEEDS
Critical of self and others	Reinforce individual improvement and progression
Capable of and enjoy problem solving	Assign individuals tasks to develop awareness of strengths and weaknesses
Can be sensitive to criticism	Challenge players with questioning and problem solving games
Individually competitive	Promote self-initiative

PHYSICAL	
CHARACTERISTICS	MEETING NEEDS
Adapt to the physiological changes occurring within age groups and genders	Focus on agility and speed techniques within football contexts
Enjoy the opportunity to challenge others in the area of physical contacts	Use competitive games to challenge the physical development of a player
Very active and energetic	
Physical changes are present in girls	

SOCIAL / EMOTIONAL	
CHARACTERISTICS	MEETING NEEDS
More responsibility and ownership for developing team culture	Equal opportunities for all
Peers opinions are important to individuals	Start to develop a team culture through trust, responsibility and ownership
Fairness is important to players at this stage	Emphasise teamwork throughout sessions
Start to become more aware of and recognise the value of others	

JUNIOR FRAMEWORK TRAINING

OBJECTIVES, MODELS & ACTIVITIES FOR EDUCATING McDONALD'S JUNIOR FOOTBALLERS



Training is an opportunity to draw players into what football has to offer, so this experience should be filled with fun and excitement. The approach of the game leaders and the organisation of the training night are crucial here.

Parents are heavily involved with players in junior football. With additional exposure to football outside of game day, the environment you help create should start to lay down the foundation for future participation.

McDONALD'S JUNIOR FRAMEWORK TRAINING MODELS

The organisation of training nights leaves a lasting impression with the key decision makers in a child's life i.e. their parents. So clubs should strive to ensure the highest quality experience is offered to both the players and the volunteer game leader.

This can be achieved by considering the three models presented below and choosing the right model for your club, based on the number of game leaders, players and mini pitches available.

MODEL	DESCRIPTION	MIN. REQUIREMENTS	OPTIMAL
1. STATION ROTATION ***	Lots of junior players train together, due to the availability of players, game leaders or facilities	3 game leaders with 3 areas available	4 game leaders with 4 areas available
2. DUAL TRAINING **	Two groups of junior players train together	2 game leaders with 2 areas available	2 game leaders with 2 or more areas available
3. TEAM-BASED TRAINING +	A team of players and game leader train together throughout the season. Rather than working through stations, time is allocated to the key training components	1 game leader with 1 area available	1 game leader with 2 areas available

McDONALD'S JUNIOR FRAMEWORK TRAINING *cont...*



TRAINING

The Junior Framework provides clear guidelines and best practice for clubs to follow. It proposes three variable, age appropriate models. Clubs may need to use the model that meets their needs to best and this will be influenced by:

- The age and development stage of the players involved
- The number of Game Leaders available
- The experience and confidence of Game Leaders available
- The number and / or size of pitches available
- The amount of time that you have the pitches for

The framework has been designed with high levels of flexibility, however clubs should strive to best meet the needs of their players by operating with the optimal models provided.

OPTIMAL TRAINING MODELS

	McDONALD'S FIRST KICKS (4-6 YEARS)	McDONALD'S FUN FOOTBALL (7-8 YEARS)	McDONALD'S MINI FOOTBALL (9-12 YEARS)	
1. STATION ROTATION *** <ul style="list-style-type: none"> • Variation • Less organisation and management for the game leader • Easy to coordinate / oversee • Ensures players receive optimal amount of training in the relevant areas 	★ ★ ★	★ ★	★	More Coaches & areas needed at the same time
2. DUAL TRAINING ** <ul style="list-style-type: none"> • Interim step between both ends of the continuum 	★ ★	★ ★	★ ★	
3. TEAM-BASED TRAINING + <ul style="list-style-type: none"> • For the more capable coach • Affiliation to a team • Flexible components within a session (adjust based on needs) • Developing basic tactical concepts 	★	★	★ ★ ★	

Note: more stars means more important.

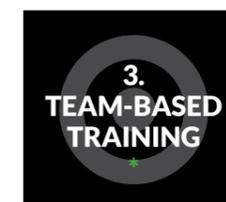
COMPARING THE DELIVERY MODELS



This focuses on the individual development of young players, ensuring the best use of training time, which will ultimately lead to technical proficiency. It removes the link between game leaders and teams, so the focus in training and on game day is on development. In both McDonald's First Kicks and McDonald's Fun Football, where team sizes are small, Rotation Station has the extra benefit of maximising the limited resources available to clubs. Specifically, fewer coaches are required than if the model was based on teams (due to the small numbers per team).



This is a compromise between Rotation Station and Team-based Training, and features elements from both. It is basically two game leaders and groups training together while using the station rotation concept across two groups.



Team-based training is the optimal delivery model for McDonald's Mini Football. It caters for players who are starting to develop basic game understanding and team tactics. Team-based training allows groups of players to train together based on ability and allows coaches to adapt sessions based on the needs of the players. It is not the preferred model for McDonald's First Kicks and McDonald's Fun Football as it does not offer the desired amount of variation and individual exploration.

McDONALD'S JUNIOR FRAMEWORK TRAINING *cont...*



1. STATION ROTATION - THE PREFERRED MODEL ***

REASONS WHY IT'S THE PREFERRED MODEL

1 Reduced organisational demands on volunteer game leaders

- The maximum set-up requirement per game leader is two activities only
- The time allocation ensures that players spend equal amount of time across all four key component stations
- Time dictates when a station starts and stops, taking the pressure off the game leader to recognise when it is time to move a whole session on
- The same game leader does not have to worry about a smooth transition between the four components (moving cones and setting up the next part of the session)
- The management of junior players can often be challenging, with varying levels of interest and engagement. The use of stations addresses these issues through short and varied practice sessions

2 Players' developmental needs are at the HEART of the structure

- The station activities provided have been designed with the needs of the player in mind
- Players are exposed to the correct training and for the required amount of time for their particular age group
- The social and emotional needs of the player are met through variation, engagement and fun, offering something different every week
- Players are exposed to different players and game leaders regularly

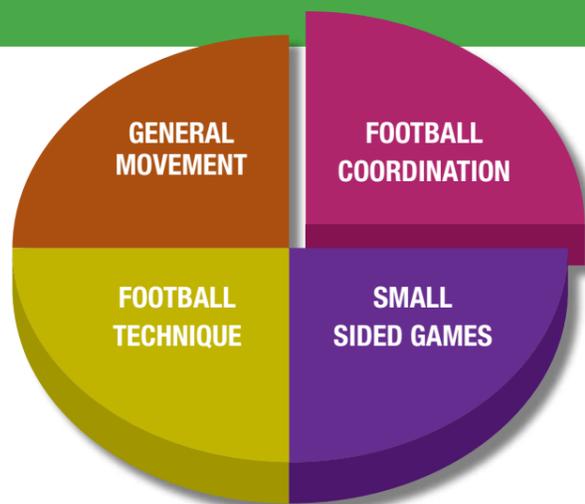
3 Training Coordination made easier for the club

- The way this particular model is organised makes it easier for a club to ensure a 'high-quality first experience'
- The model caters for a high volume of players so less time is needed to coordinate individual team training nights
- Fewer game leaders are required than a team-based model, with higher volumes of players training at once
- Quality control of training is much easier to monitor with lots of players within an age group training at once

FOCUS ON TRAINING

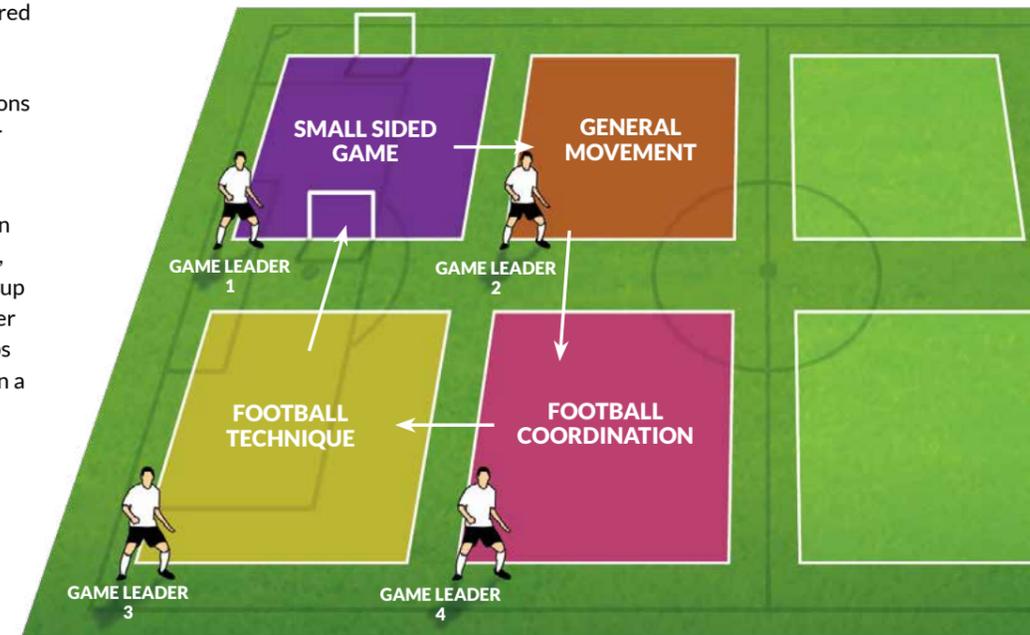
McDonald's Junior Framework training comprises of four key training components, helping to meet the needs of players at this young age. They are:

- General Movement – Fun warm up activities helping with physical literacy
- Football Technique – Activities allowing players to repeatedly practice football techniques
- Football Coordination – Football related games challenging players with opposition
- Small Sided Games – A smaller version of the game itself, providing lots of touches of the ball



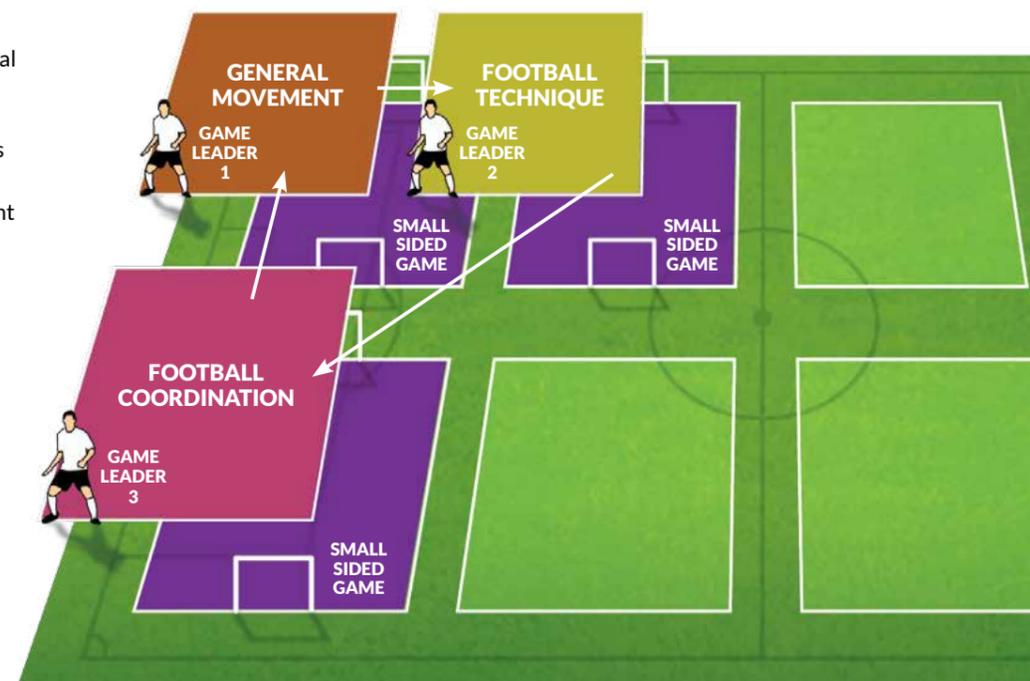
STATION ROTATION - OPTIMAL REQUIREMENTS

- This scenario shows the preferred arrangement
- Groups are spread across stations and they rotate clockwise after the dedicated amount of time
- This is ideal from a coordination and management point of view, as it requires no additional set-up once the session starts, however it is recognised that not all clubs will have four areas available on a training night



STATION ROTATION - MINIMUM REQUIREMENTS

- This scenario shows the minimal requirements
- This just requires game leaders to change their station over to another key training component for the remaining time of the session



McDONALD'S JUNIOR FRAMEWORK TRAINING *cont...*

2. DUAL TRAINING **

This model is an option for clubs with fewer game leaders and areas available than in Station Rotation. The principles and components associated with Station Rotation still

apply, however Dual Training places more strain on the volunteer game leader due to the requirement to set up more stations within one session.

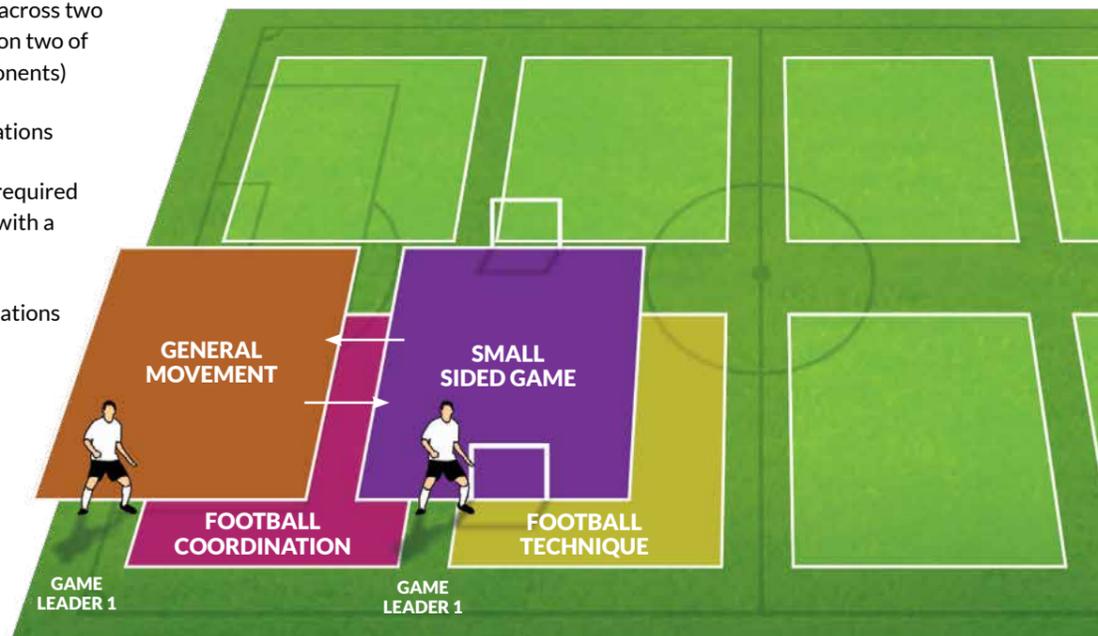
3. TEAM-BASED TRAINING *

Team based training is optimal for McDonald's Mini Football and is designed for one group of players. It provides the opportunity for game leaders to spend more time with their players, helping to build a rapport. This type of training is also helpful for clubs with very limited numbers of players, game leaders or facilities available for station rotation. For McDonald's First Kicks & Fun Football, this model should only be adopted if Station Rotation is not viable due to lack of resources, and even then, clubs should seek support to run Station Rotation with other local clubs.

Team-based training places greater responsibility on the game leader compared to Station Rotation due to the need to set up and deliver all four stations. It is therefore crucial that the sessions are planned, prepared and delivered correctly, to ensure the experience provided to the players are fun, exciting and high quality.

DUAL TRAINING - REQUIREMENTS

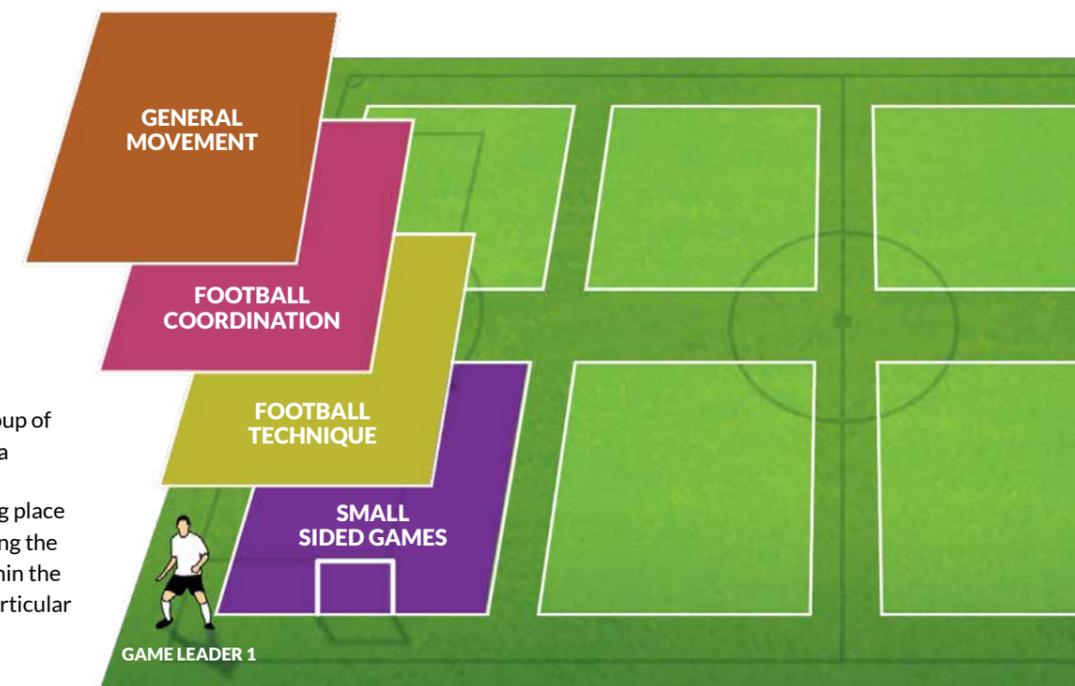
- Two groups of players across two stations (which focus on two of the key training components)
- Players then switch stations
- A game leader is then required to replace the station with a different component
- Players again switch stations



Optimal requirements: 2 game leaders with 2 mini areas or more available. Minimum requirements: 2 game leaders and 2 mini areas

TEAM-BASED TRAINING - REQUIREMENTS

- One game leader and a group of players in an allocated area
- Rather than rotation taking place between stations containing the key components, time within the session is allocated to a particular station session



McDONALD'S FIRST KICKS TRAINING

(4-6 YEARS)



INTRODUCTION

HOW TO BE AN EFFECTIVE GAME LEADER

McDonald's First Kicks players are likely to be participating in organised football for the very first time, and they need to enjoy the experience if they are to fall in love with the

game. For the McDonald's First Kicks game leader, this means having a good understanding of the needs of young children who are just entering the game.

FOUR CORNER OVERVIEW - WHERE IS THE FOCUS

TECHNICAL & TACTICAL

Activities provide learning opportunities – allow the children to play

Technique development takes place through fun activities that offer lots of dribbling and shooting

Football coordination is developed with lots of touches of the ball in different activities

MENTAL

Activities should involve opportunities to make worry free mistakes

Activities should progress or change quickly

Activities need to challenge players to become aware of the other players around them

Attach stories to activities to take advantage of imagination and curiosity

PHYSICAL

High energy games with lots of activity

Activities need to improve players coordination in general

The ball should be used to add fun

Activities include lots of different types of movements

Sessions need to be safe and risk free

SOCIAL / EMOTIONAL

Activities focus on individual development while in a group environment

Activities give the player as much time using the ball as possible

Activities need to be used as playful and fun experiences

The game leader must be aware of these characteristics and run sessions accordingly. This means using a range of games and activities that are based on improving the players'

coordination while introducing football skills. The games and activities used in the McDonald's Junior Framework cover four specific components that make up a McDonald's First Kicks practice session.

McDONALD'S FIRST KICKS - THE FOUR KEY COMPONENTS

FOCUS FOR TRAINING - WHERE WE SPEND MOST OF OUR TRAINING TIME

The percentage of time spent on each component reflects the age-related requirements of the McDonald's First Kicks player.

GENERAL MOVEMENT

Activities involve:

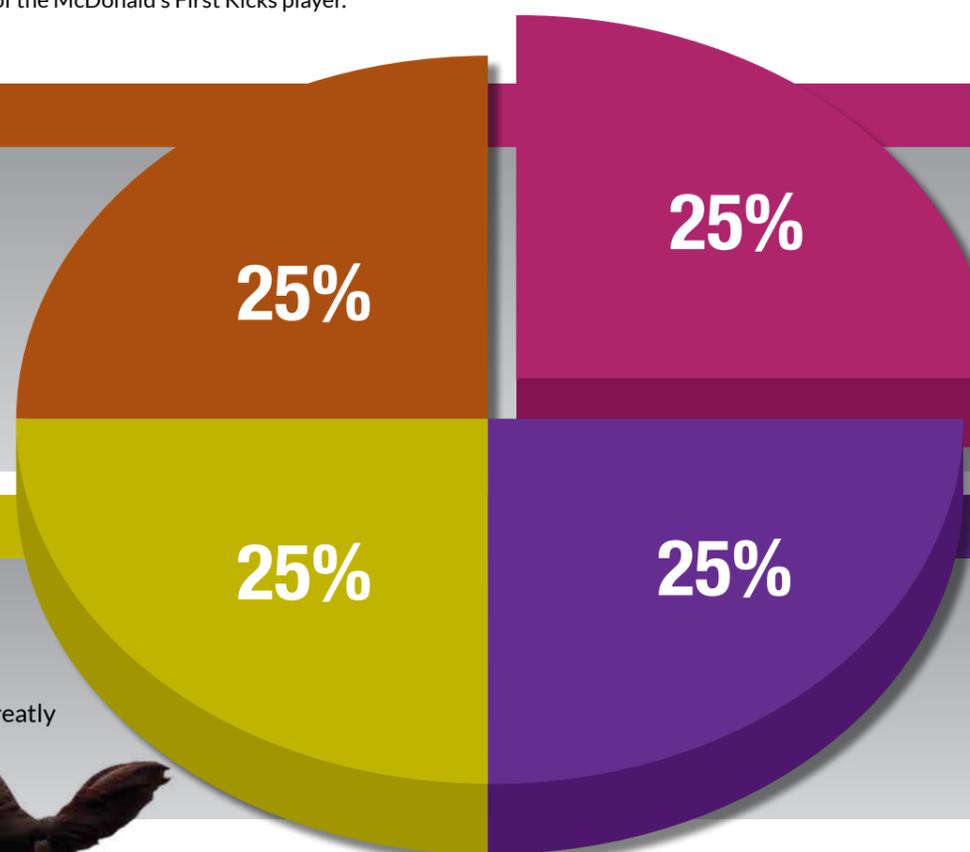
- Agility (running, speeding up/slowing down, changing direction, stopping)
- Balance (hopping, jumping, landing)
- Coordination (combining different movements, moving with the ball, falling and standing safely)

A focus on these A,B,C's provides a foundation for players to learn more complex movement sequences later on

FOOTBALL TECHNIQUE

Activities involve:

- Lots of touches of the ball, practicing core techniques - dribbling, turning and shooting
- These techniques are fundamental features of the game that players enjoy greatly
- Players with a ball each, practising with little or no competition



FOOTBALL COORDINATION

Activities include:

- Lots of opportunities to practice dribbling, turning and shooting
- Games with an element of competition to motivate players to use the technique
- Lots of touches of the ball whilst attempting to perform techniques at a higher level

SMALL SIDED GAMES

SSG's motivate players more than any other activity

SSG's should involve small numbers playing in small areas

SSG's provide the players with the chance to best use their individual skills, developed in a group setting



WHAT DO THE PRACTICE SESSIONS INCLUDE?

A game leader will have achieved a great deal if he or she has built each child's confidence, self-esteem and motivation, and has helped them develop a love for the game. With this in mind, a McDonald's First Kicks session should always be structured with the following in mind:

- 1 Include general coordination activities - running, jumping, tumbling and turning
- 2 Include games with lots of movement
- 3 Include small sided fun games 1v1, 1v2, 2v2, and 3v3
- 4 Include lots of familiarity with the ball - running & turning using all parts of the foot to move & control the ball.
- 5 Involve only a minimal amount of passing

All the McDonald's First Kicks activities in the Junior Framework have been developed to ensure that sessions are well suited to the players. This means that inexperienced game leaders don't need to worry that they may not know enough to help the players learn. Game leaders should, however, remain close to the session & watch how players react to the tasks. If they find tasks too hard or too easy be prepared to change something:

- 1 Change the size of target/goals
- 2 Change the part of the foot used to control the ball
- 3 Increase or decrease the number of touches
- 4 Change the area size to make it smaller or bigger
- 5 Change the rules

McDONALD'S FIRST KICKS - COMPONENT TRAINING

WEEK 1

CROSSING FROGS (GENERAL MOVEMENT)

SETUP

1. Area of up to 20 x 25m. Modify area depending on the number and age of players.
2. Circle in the area (pond) with cones scattered in the pond.
3. Players (Frogs) begin outside of the Pond without a ball.



HOW TO PLAY

1. Frogs move around the outside of the pond in direction dependant on coaches command.
2. When the coach shouts "cross the pond" Frogs must dodge the cones and get to the other side.
3. Frogs receive a point for getting across to the other side of the pond without touching a cone.

PROGRESSION

- Frogs asked to move backwards / sideways across the pond
- Frogs asked to jump across a number of cones in the pond
- Introduce ball for each Frog

OUTCOMES

- Keep their head up / Awareness
- Change of direction / pace
- Multi-directional movement / Jumping

RUNAWAY TRUCKS (FOOTBALL COORDINATION)

SETUP

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

- Introduce 2 blue players on the outside, without a ball, who become the "Runaway Trucks"
- 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")
- Cars start with 10 points. If their ball is kicked out they lose a point, retrieve it & join back in the session

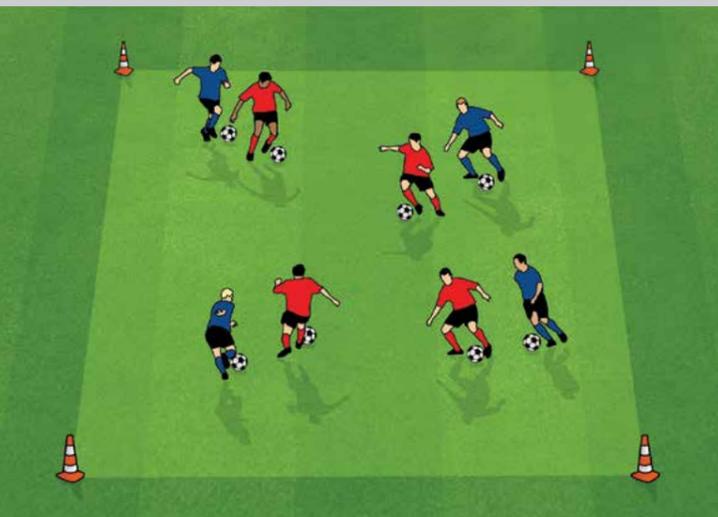
OUTCOMES

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

TRUCKS & TRAILERS (FOOTBALL TECHNIQUE)

SETUP

1. Using four cones create an area up to 30m x 20m. Modify the size depending on the number of players
2. Split the players into pairs, each pair starts without a ball



HOW TO PLAY

1. One player in each pair starts as the 'truck', the other starts as the 'trailer'
2. On your signal the game starts with the 'truck' moving around the area, leading the trailer who must follow the movements of the 'truck'
3. When you call 'stop' the players freeze and check how close they are together compared to the other players

PROGRESSION

- BASIC: Add one ball between each pair
 INTERMEDIATE: Each player has a ball
 ADVANCED: Trucks have more than one trailer

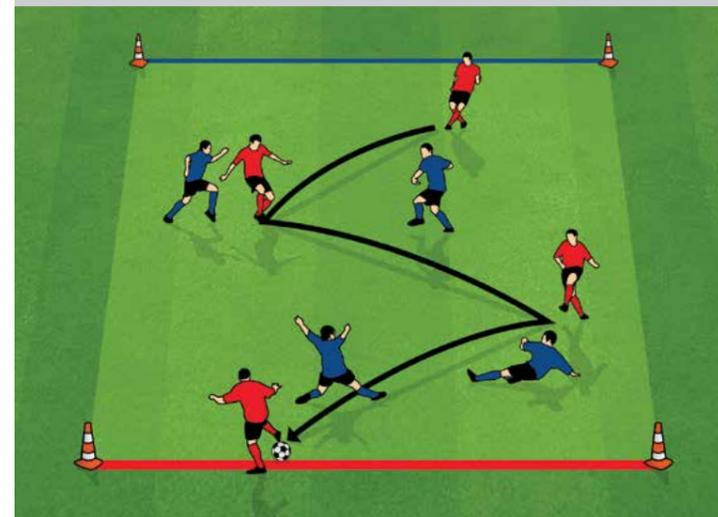
OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Change of pace with the ball

LINE BALL (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Assign each team a line to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the teams 'score' when a player can stop the ball on the opposition's end line
2. When a team 'scores' they leave the ball on the opposition end line and retreat, allowing play to re-start from the line
3. There are no throw ins, rather the ball is passed in

PROGRESSION

- INTERMEDIATE: Players can only use their non-dominant foot
 ADVANCED: Limit the number of touches players can have
 Specify the number of players that have to touch the ball before a 'goal' is scored

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players

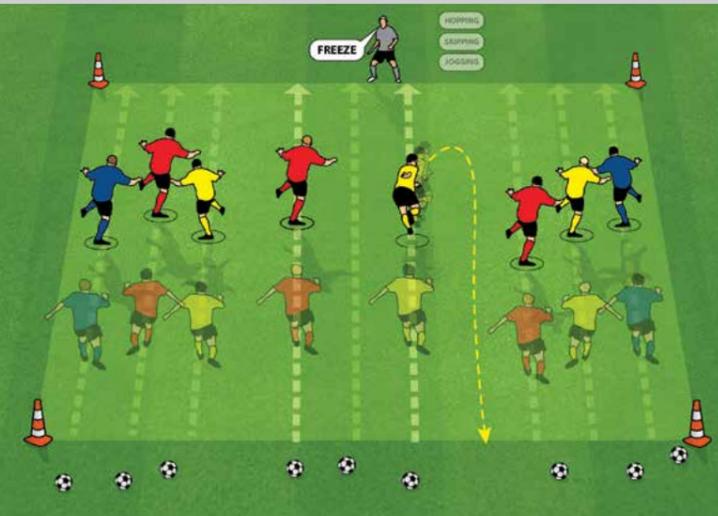
McDONALD'S FIRST KICKS - COMPONENT TRAINING *cont...*

WEEK 2

STATUES (GENERAL MOVEMENT)

SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Each player starts at an end of the area and the coach stands at the opposite side of the area.
3. Players can start with / without a ball.



HOW TO PLAY

1. Coach calls out a methods of movement for players to perform (hopping, skipping, jogging).
2. If the coach shouts "freeze" players must stop and hold their position with out moving. If players move then they go back to the start to try again.
3. Winner is first person to the side where the coach is standing.

PROGRESSION

- Players to have a ball each
- Coach to use alternate trigger to "freeze", including raising a hand, bouncing a ball etc
- Players have to travel across the area twice to win

OUTCOMES

- Fundamental movements
- Balance / Core Stability
- Vision / Keeping Head Up

GHOSTBUSTERS (FOOTBALL COORDINATION)

SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. Players (Ghostbusters) start inside the square with a ball each
3. The coach (ghost) starts in the middle of the area



HOW TO PLAY

1. The players dribble their ball inside the square while you call for them to use different parts of the foot, or dribbling combinations
2. On calling 'Ghostbusters' you run around the area
3. The players 'shoot' the 'ghost' by hitting you below the knees with their ball 3 times in 20 sec.
4. The players continue dribbling after the 20 sec. is completed

PROGRESSION

- BASIC: Change the part of the foot used to dribble
- INTERMEDIATE: Players can only 'shoot' with their non-dominant foot

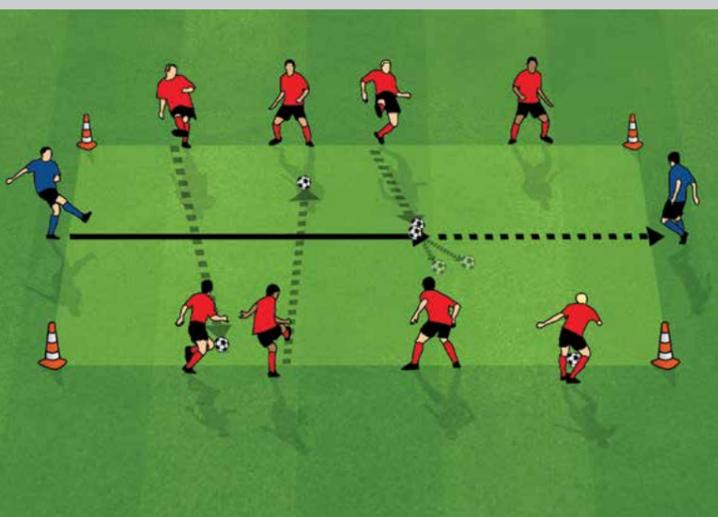
OUTCOMES

- Dribbling and changing direction with the head up
- Passing accuracy over different distances

TORPEDOES (FOOTBALL TECHNIQUE)

SETUP

1. Area of up to 10 x 20m. This is "The Sea". Modify area depending on the number and age of players.
2. Players (Patrol Boats) are in pairs, with one ball (Missile) between two. Players are line up on opposite sides of the sea.
3. One pair of "Destroyer Boats" start at the narrow ends of the sea with a ball (Torpedo).



HOW TO PLAY

1. Destroyer Boats send their torpedo (pass their ball) to each other with each successful pass resulting in a point.
2. Patrol Boats fire their missile (pass their ball) at the Destroyer Boat's torpedo whilst it is in the sea. If they successfully hit the torpedo then they become the Destroyer boats.
3. The Pair of destroyer boats that completes the most passes wins.

PROGRESSION

- Players must use their right / left foot
- Destroyer boats must complete two successful Torpedo launches to get a point

OUTCOMES

- Surface of Football use for the Pass
- Weight / Accuracy of passing
- Receiving the Ball

HIT THE TARGET (SMALL SIDED GAMES)

SETUP

1. Area of up to 25 x 20m. Modify area depending on the number and age of players.
2. Divide the players into teams with bibs.
3. Have football around the area to restart match.
4. Place 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 match starts again

PROGRESSION

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

OUTCOMES

- Passing over short distances
- Basic awareness of other players
- Dribbling using different parts of the foot

McDONALD'S FIRST KICKS - COMPONENT TRAINING *cont...*

WEEK 3

COMPASS RACE (GENERAL MOVEMENT)

SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 4 outside lines to be set out using different coloured cones.
3. Players in the square with a ball each.



HOW TO PLAY

1. Players dribble the ball around the area, using both feet and trying new tricks.
2. When coach calls out a colour, players must dribble their ball to that colour line.
3. Players then continue to dribble around area.

PROGRESSION

- Award points for the first 5 players to get to the line.
- Coach calls another colour when players are on their way to a line (encourage turning).
- Add in a defender to guard a line.
- Players are not allowed to use the same turn twice in a row.

OUTCOMES

- Control the ball in the direction of a line or away from defenders
- Practicing lots of different turns
- Awareness of space to attack into

CATCH ME IF YOU CAN (FOOTBALL COORDINATION)

SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Players are split into 4 teams. 3 of the teams have a ball for each player (Robbers).
3. 4th team without ball start 5m behind other players (Cops).



HOW TO PLAY

1. When coach shouts "go" the robbers have to get to the other side without getting caught by the cops.
2. If robbers are caught they become cops and must try and catch robbers on a different team to theirs.
3. Next round starts from the opposite end.
4. Team with the last robber left wins.

PROGRESSION

- Bring in a ball each for cops
- Cops begin 3m away from the robbers
- Cops begin 2m away from the robbers

OUTCOMES

- Vision / Keeping head up
- Dribbling
- Acceleration

CONNECT IT (FOOTBALL TECHNIQUE)

SETUP

1. Create an area as large as possible (30m x 20m)
2. All players start inside the area with a ball each



HOW TO PLAY

1. All players spread out in a defined space
2. Players dribble a ball around the area. On your call, the players stop and listen to you calling out two body parts, which each child has to join together, while still controlling the ball
3. Examples include nose to knee, knee to foot, foot to head

PROGRESSION

- BASIC:** Ask the players to connect one body part to the ball
- Change the way the players move with the ball, eg. hopping or skipping

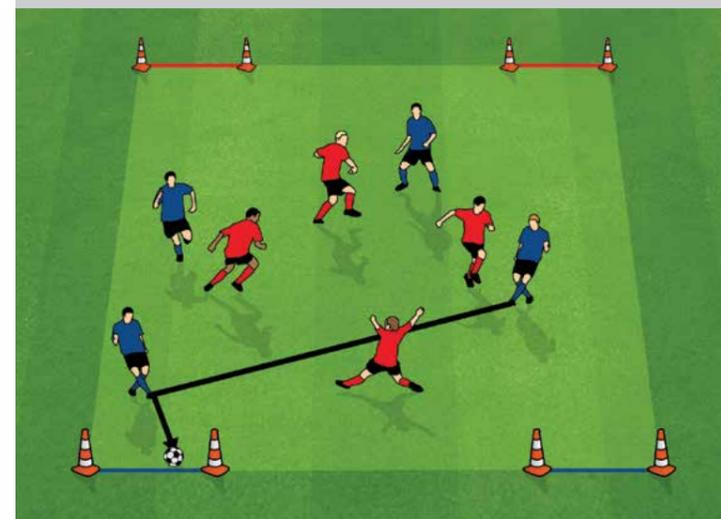
OUTCOMES

- Agility while changing direction at speed
- Coordinated speed
- Close ball control

2 GOAL GAME (SMALL SIDED GAMES)

SETUP

1. Create an area up to 25m x 20m. Modify the size depending on the number of players
2. Use extra cones to create 2 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the two goals they are attacking
2. When a team scores, they retreat, allowing the opposition to start play from the goal line
3. There are no throw ins, rather the ball is passed in

PROGRESSION

- INTERMEDIATE:** Players can only use their non-dominant foot
- ADVANCED:** Specify the number of players that have to touch the ball before a 'goal' is scored

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play

McDONALD'S FIRST KICKS - COMPONENT TRAINING *cont...*

WEEK 4

DOMES & DISHES (GENERAL MOVEMENT)

SETUP

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

- 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.
- Introduce a ball for each player to dribble.

OUTCOMES

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

JAIL BREAK (FOOTBALL COORDINATION)

SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. Choose one player to start in the middle as the 'police officer'
3. As soon as players understand the game, give every player a ball, except for the 'police officer'



HOW TO PLAY

1. The player in the middle starts as the 'police officer'
2. On your signal the remaining 'robbers' run past the 'police officer' to the other end
3. Any player tagged by the 'police officer' must 'freeze' and stay on that spot trying to tag the other 'robbers' as they pass
4. The game ends when all 'robbers' are tagged. Start again with a new 'police officer'

PROGRESSION

- BASIC:** Start with more than one 'police officer'
- INTERMEDIATE:** All 'robbers' have a ball and the 'police officer' must tackle them or knock their ball out of the area

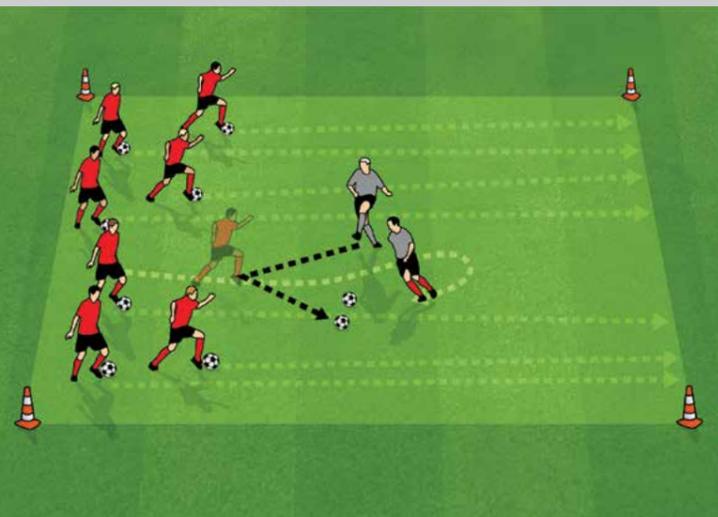
OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Timing of the tackle

FISHY, FISHY, FISHY (FOOTBALL TECHNIQUE)

SETUP

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

- 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

1 GOAL GAME (SMALL SIDED GAMES)

SETUP

1. Create an area up to 25m x 20m. Modify the size depending on the number of players
2. Use extra cones to create 1 goal at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the goal they are attacking
2. When a team scores, they retreat, allowing the opposition to start play from the goal line
3. There are no throw ins, rather the ball is passed in

PROGRESSION

- INTERMEDIATE:** Players can only use their non-dominant foot
- ADVANCED:** Specify the number of players that have to touch the ball before a 'goal' is scored

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play

McDONALD'S FUN FOOTBALL TRAINING

(7-8 YEARS)



INTRODUCTION

HOW TO BE AN EFFECTIVE GAME LEADER

The McDonald's Fun Football player is capable of developing a greater level of game understanding, and acquiring a broader range of technical skill than the McDonald's

First Kicks player. For the McDonald's Fun Football coach this means it is essential to have a good understanding of what the players need across all four corners of player development.

FOUR CORNER OVERVIEW - WHERE IS THE FOCUS

TECHNICAL & TACTICAL

The content of activities and games used provides learning opportunities – allow the players to play

Technique and skill development takes place through the use of games

Coordination is developed through the introduction of the ball to games

Learning takes place through the exploration of new games and activities

Individual technique is the focus

MENTAL

Players need to be continually praised and need to succeed regularly during the session

Coaches need to avoid criticising McDonald's Fun Football players

Activities and games need to challenge players to become more spatially aware

Coaches need to use stories to add stimulation to activities and games

PHYSICAL

Players need high energy games with lots of activity

General Movement and Football Coordination activities must continue to improve players' coordination in general, but also with a more football specific focus with the use of the ball

Lots of different types of movements need to be used across a session

The ball needs to be used to add motivation to sessions

SOCIAL / EMOTIONAL

Players at this age need to focus on individual technical development rather than team tactical development

Players need to be encouraged to work with the wider group setting through 'team' games

Activities and games need to be used as playful and fun experiences

Activities give the player as much time using the ball as possible

McDONALD'S FUN FOOTBALL - THE FOUR KEY COMPONENTS

FOCUS FOR TRAINING - WHERE WE SPEND MOST OF OUR TRAINING TIME

The percentage of time spent on each component reflects the age-related requirements of the McDonald's Fun Football player.

GENERAL MOVEMENT

Still involves activities based on the A,B,C's central to McDonald's First Kicks, but movement becomes more relevant football

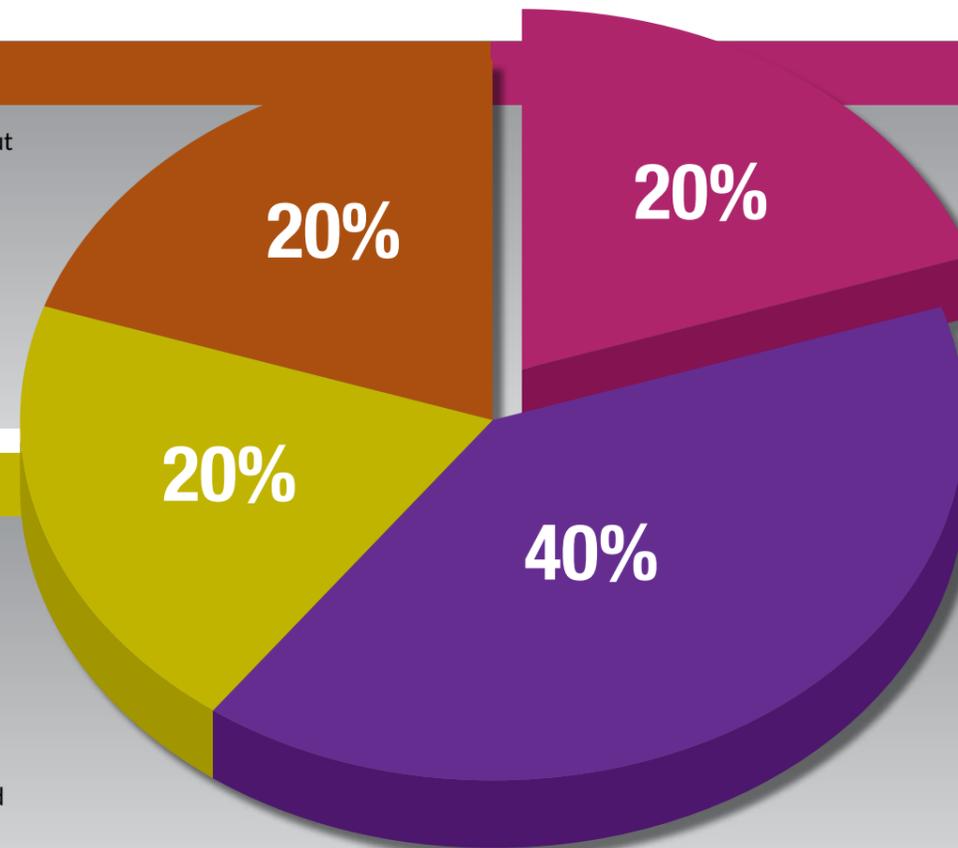
- Agility (turning quickly, changing direction at speed, stopping quickly)
- Balance (jumping and hopping with physical contact, landing safely, landing and transitioning into other movements)
- Coordination (combining movements with or without the ball, falling and transitioning into other movements, dealing with physical contact)

Theses A,B,C's provide a basis for football specific movement as players get older

FOOTBALL TECHNIQUE

Activities involve:

- The core techniques involve dribbling, shooting, fakes and turns, and the introduction of passing.
- Lots and lots of touches of the ball are essential
- Ball familiarisation should be a part of every session, incorporating the players imagination and lots of contact with the ball.
- Ball familiarisation is used to develop football specific coordination.
- Players should become comfortable with controlling the ball on the ground, and increasingly in the air



FOOTBALL COORDINATION

Activities involve:

- Small competitions and games should be used to motivate players to use these techniques
- Decision making about choosing the most appropriate time to use different techniques should be encouraged
- Ball familiarization, using different parts of the foot or body, is used in more game specific activities
- All parts of the foot need to be used independently and in combinations

SMALL SIDED GAMES

SSG's motivate players more than any other activity

SSG's should meet the development needs of the McDonald's Fun Footballer

SSG's should involve a level of decision making that is age appropriate (how and when to use other players)

SSG's provide the players with the chance to best use their individual skills, developed in a group setting.



WHAT DO THE PRACTICE SESSIONS INCLUDE?

A McDonald's Fun Football coach will have achieved a great deal if he or she has built each child's confidence, self-esteem & motivation, and has helped them develop a love for the game. With this in mind, a McDonald's Fun Football session should always:

- 1 Include general coordination activities - running, jumping, tumbling and changing direction
- 2 Include games with lots of movement
- 3 Include small sided fun games 1v1, 1v2, 2v2, 3v3
- 4 Include lots of familiarity with the ball - running & turning using all parts of the foot to move & control the ball
- 5 Introduce controlling the ball with other parts of the body
- 6 Introduce the use of passing in group activities

To ensure that McDonald's Fun Football games and activities are well suited to the players, make sure you remain close to the session. Watch how the players react to the tasks. If the tasks are too hard or too easy be prepared to adjust or change something:

- 1 Change the size of target/goals
- 2 Change the part of the foot used to control the ball
- 3 Increase or decrease the number of touches
- 4 Change the area size to make it smaller or bigger
- 5 Change the rules

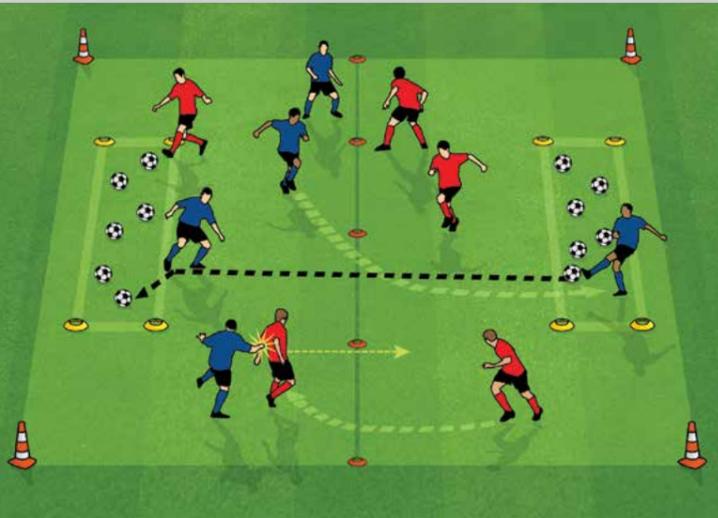
McDONALD'S FUN FOOTBALL - COMPONENT TRAINING

WEEK 1

TREASURE ISLAND (GENERAL MOVEMENT)

SETUP

1. Area of up to 30 x 20m is the Island. Modify area depending on the number and age of players. Split area into two halves with a line of cones.
2. Make a square of cones (treasure chest) at each end and place half of the footballs (treasure) within the grid.
3. Split into even teams with bibs.



HOW TO PLAY

1. Players are pirates and they are safe in their own side of the Island.
2. Once pirates cross the centre line, the other team are allowed to tag them. Tagged pirate must return to their own treasure chest before attacking again.
3. Once players get inside the opponents treasure chest they are safe. They are allowed to dribble / carry one ball to their own side and place the ball within their own treasure chest.
4. Players are not allowed to stop opposition taking a ball back to their treasure chest.

PROGRESSION

- Players are allowed to pass one ball back to their treasure chest
- Players are allowed to stop the opposition dribbling / passing footballs back to their treasure chest

OUTCOMES

- Awareness
- Change of running pace / direction
- Teamwork
- Long distance passes

ZOMBIELAND (FOOTBALL COORDINATION)

SETUP

1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. Have smaller 5x5m square in the middle – this is "Zombie land".
3. Coach begins as a Zombie, without a ball inside "Zombie land".
4. All other players ("Humans") are outside of the area with a ball each.



HOW TO PLAY

1. The Humans must try to dribble through zombie land without getting tagged (bitten) by the Zombie. Zombies are only allowed to move slowly.
2. If they get bitten by the zombie then they become one inside the smaller square.
3. Every successful trip through Zombie land gets a Human 1 point. 5pts means that a human can turn a Zombie back into a Human.
4. The only person that must remain a Zombie is the Coach.

PROGRESSION

- Start game with more zombies inside Zombie Land
- Zombies are allowed to move quicker
- A Zombie is allowed to live outside Zombie Land

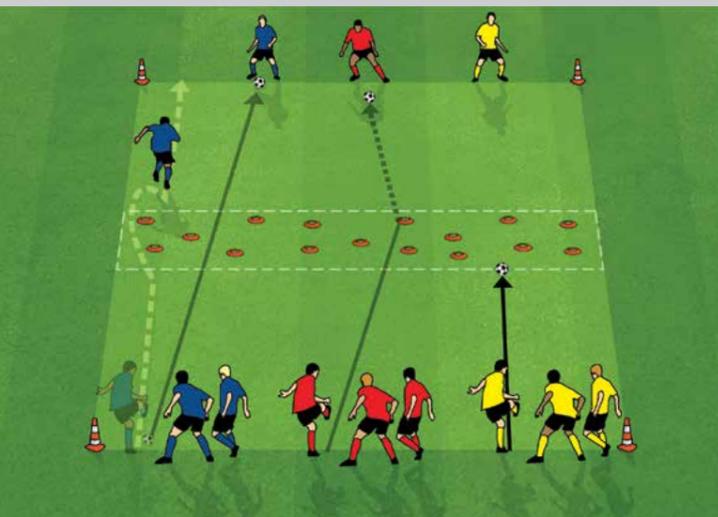
OUTCOMES

- Dribbling with close control
- Vision & Awareness
- Change of direction & speed
- Team Work

CROSSING THE MINEFIELD (FOOTBALL TECHNIQUE)

SETUP

1. Area of up to 20 x 20m (minefield). Modify area depending on the number and age of players.
2. Cones (Mines) are placed randomly in the minefield.
3. Group is split into 3 teams.
4. One team player is on one side of minefield, with team mates at the opposite side.
5. Balls starts with the group of team mates.



HOW TO PLAY

1. Each team player tries to pass their football through the minefield with out touching any mines. Passes must be made along the floor. If the ball hits a mine they must try again.
2. After a successful pass, players must run and jump over the minefield.
3. First team to successfully get all of their players across the minefield wins.

PROGRESSION

- Pass with left/right foot only
- Pass with inside/ outside / laces / back heel
- Teams must all cross the minefield twice

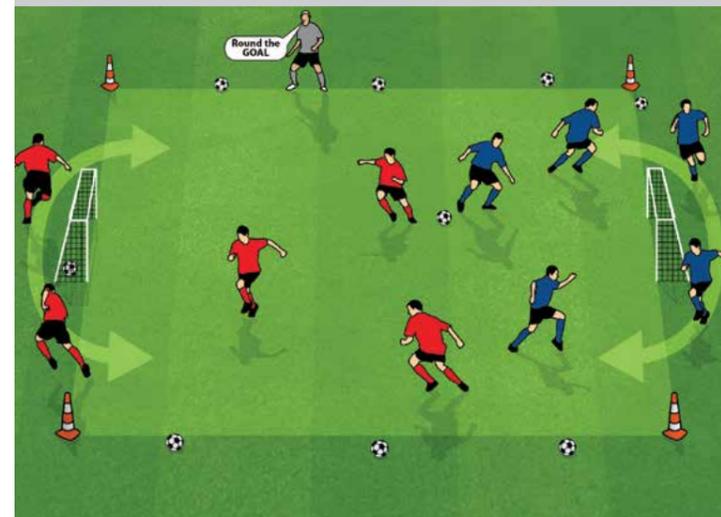
OUTCOMES

- Passing accuracy
- Fundamental movements - jumping, running etc
- Weight of Pass

ROUND THE GOALS (SMALL SIDED GAMES)

SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Divide the players into two teams with bibs.
3. Have footballs around the area ready to restart match.



HOW TO PLAY

1. In this game players score by passing / shooting in opponents goal.
2. There are no throw ins, instead the ball is kicked in.
3. When coach calls "Round the Goal", whoever is in possession stops ball. Both teams run around the back of the goal they are attacking and back onto field of play. First player to get to the ball continues the game, with the teams now attacking in the opposite direction.

PROGRESSION

- Teams are only allowed to score in the attacking third of the pitch.
- Introduce Goalkeepers.

OUTCOMES

- Awareness of other players
- Passing over short distances
- Dribbling under control using different parts of the foot

McDONALD'S FUN FOOTBALL - COMPONENT TRAINING *cont...*

WEEK 2

FLAG TAG (GENERAL MOVEMENT)

SETUP

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

INTERMEDIATE: Create two teams - the winning team captures all the opposition flags first

ADVANCED: Give every player a ball to dribble while the play

OUTCOMES

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

MAGIC MIRRORS (FOOTBALL COORDINATION)

SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Players stand 5m away from their partner, facing them with a ball in between.
3. Goals are placed behind each player (these could be two cones).
4. Players are giving a number each for each team.



HOW TO PLAY

1. Players will be facing each other, with one player performing movements and their partner copying them. Movements can be hopping, start jumps, jogging on spot etc...
2. If the coach shouts out a number then players of that number have to get their ball, turn and score in their goal.
3. The first player to score gains 2 points for their team. Player who scores second earns 1 point for their team.

PROGRESSION

- Players score in opponents goal
- Reduce to one ball. Players compete for the ball and score in opponents goal

OUTCOMES

- Fundamental Movements
- Acceleration
- Quick Reactions
- Turning and Shooting

SHADOW SHOOTING (FOOTBALL TECHNIQUE)

SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Each player has a partner in a different colour bib.
3. Pairs have a ball between them.
4. Red player begins with the ball.



HOW TO PLAY

1. Players in yellow move around the area. Players in red tries to keep up with them whilst dribbling.
2. When the coach shouts "freeze" the two players stop. The yellow player faces their partner and makes a goal using their legs. The red player tries to pass the ball between their legs to score a goal.
3. Players then change roles.
4. Play for a set time and see how many goals are scored.

PROGRESSION

- Players to dribble with left/right foot
- Use different surface of foot to shoot
- Rotate partners
- Players have to score between another partners legs

OUTCOMES

- Dribbling whilst changing direction
- Shooting Accuracy
- Decision Making - Shot Selection

FIRST TO FIRE (SMALL SIDED GAMES)

SETUP

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.
3. All players are numbered on each team.



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

- Place cones in the goal - if players shoot in corners they receive more points.
- Introduce a Goalkeeper to increase shooting difficulty (for boys aged 9+ and girls 11+ only).
- 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

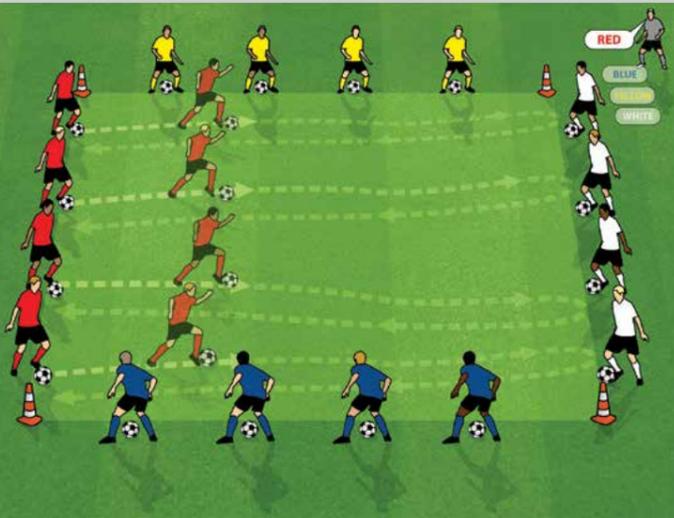
McDONALD'S FUN FOOTBALL - COMPONENT TRAINING *cont...*

WEEK 3

CONNECT FOUR (GENERAL MOVEMENT)

SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Split into 4 equal teams and provide them with a team name.
3. Players to begin standing around the outside of the area.



HOW TO PLAY

1. When coach calls out a team name they have to move to the opposite side and back.
2. Players move in different ways as instructed by the coach.

PROGRESSION

- Introduce footballs for players to carry, throw or dribble
- Two teams are called to move at one time
- Three teams are called to move at one time
- All teams go at same time
- Players can race against each other

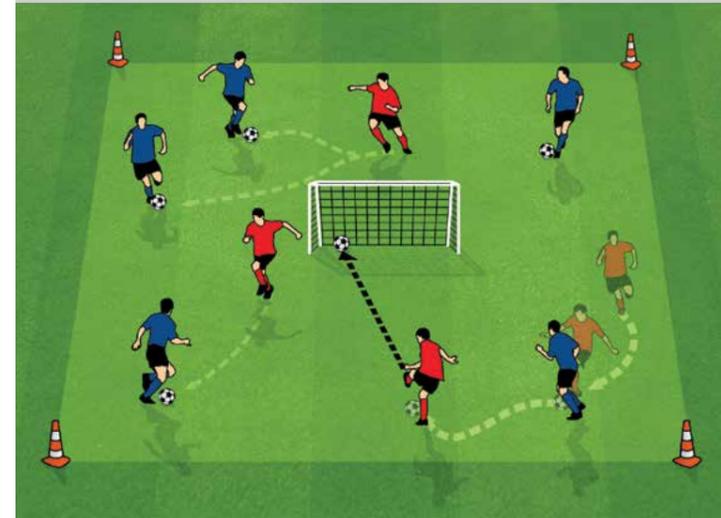
OUTCOMES

- Keeping their head up / Vision
- Dribbling in tight spaces
- Spatial awareness

BEE KEEPERS (FOOTBALL COORDINATION)

SETUP

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

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

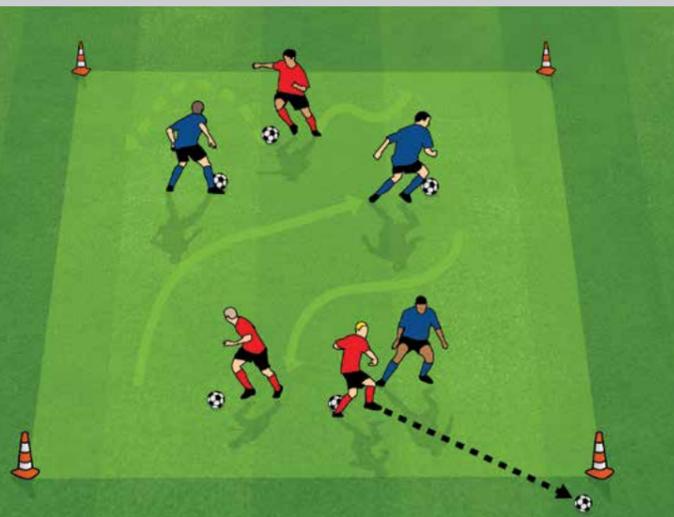
OUTCOMES

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

KING OF THE RING (FOOTBALL TECHNIQUE)

SETUP

1. Create an area up to 30m x 30m. Modify the size depending on the number of players
2. Every player starts inside the area with a ball each



HOW TO PLAY

1. Players dribble the ball inside the area, protecting their own ball, while trying to kick out other players balls
2. Each player starts with 10 points, and any time their ball leaves the area, kicked out or otherwise, they lose one point
3. The winner is the player left with the most points after playing for 2 min. The game can then re-start

PROGRESSION

INTERMEDIATE: Players who lose their ball remain outside the area juggling their ball. The last person in the area is 'king of the ring'

ADVANCED: Specify which foot the player must use to control the ball

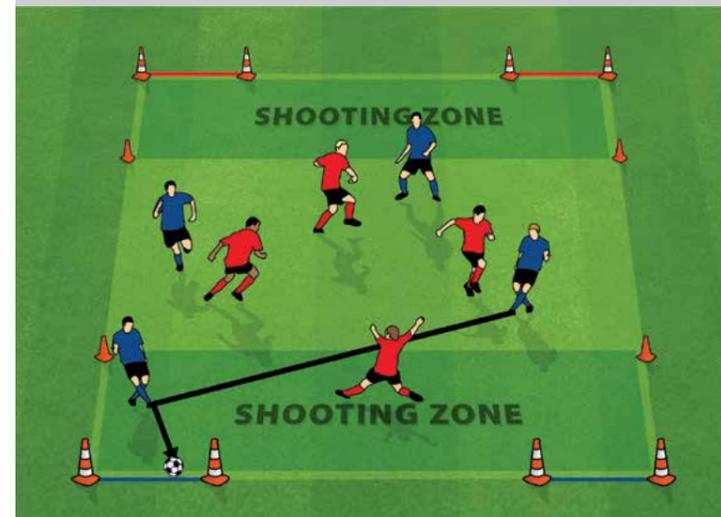
OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure

2 GOAL GAME - CLOSE RANGE SHOOTING (SMALL SIDED GAMES)

SETUP

1. Create an area up to 25m x 20m. Modify the size depending on the number of players
2. Use extra cones to create 2 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the two goals they are attacking
2. They can only score a close range goal by being in the 'shooting zone'
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

INTERMEDIATE: Players can only use their non-dominant foot

ADVANCED: Specify the number of players that have to touch the ball before a 'goal' is scored

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play

WEEK 4

SLIP THROUGH THE NET (GENERAL MOVEMENT)

SETUP

1. Area of up to 30 x 20m, split into thirds. Modify area depending on the number and age of players.
2. Group divided into 3 teams, bibbed in a different colour.
3. 2 teams begin on the outside of each end of the area (Fish), with players in the middle third (Fisherman's Net).
4. Nets must be paired together, with each player only allowed to face in one direction only.



HOW TO PLAY

1. When Coach calls out a team the fish must try and travel through the middle third to get to the other side.
2. The Fisherman's Nets in the middle third try to tag (catch) players travelling through.
3. Fishes receive a point for travelling through successfully.
4. Fishes who are caught link in to one of the nets, facing the opposite direction to the player that they link next to.

PROGRESSION

- Introduce a ball for the fishes
- Both teams go at the same time
- Nets are allowed to both turn at once if required

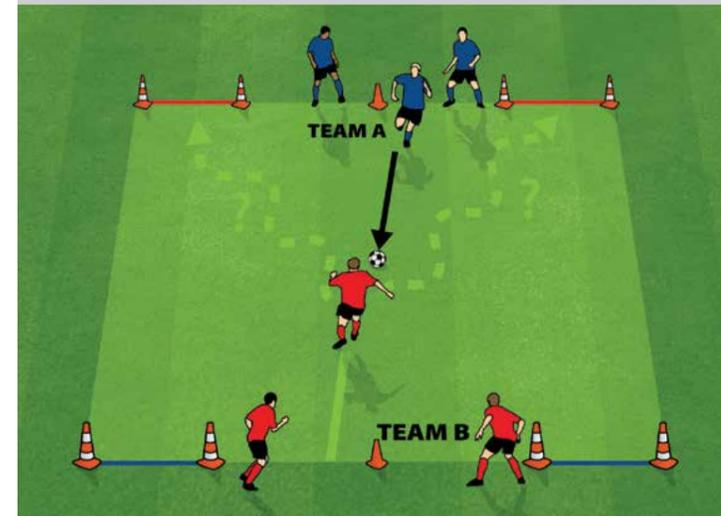
OUTCOMES

- Fundamental Movement
- Change of direction / speed
- Teamwork & Communication

GLADIATORS (FOOTBALL COORDINATION)

SETUP

1. Create an area up to 15m x 20m
2. Set up a goal 3m in size with large or different coloured cones on each corner of the area (two 3m goals at either end of the area)
3. Divide players into 2 teams of 'gladiators' and set them up at either end of the area behind the centre cones



HOW TO PLAY

1. Team A start with a ball each and team B start without a ball
2. Team A pass the ball to team B, follow their pass and then work as a defender. The team B 'gladiator' receiving the pass moves to receive the ball and tries to beat their opponent by performing a fake and dribbling through their target goals
3. If the defending gladiator wins the ball they must try to dribble the ball through their target goals
4. Players change roles after each turn (defending players become attackers and vice versa)

PROGRESSION

INTERMEDIATE: Specify one goal (left or right) that players must dribble through

ADVANCED: Two attacker vs. two defenders

OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Using fakes and turns to beat a defender

MINEFIELD RELAY (FOOTBALL TECHNIQUE)

SETUP

1. Area of up to 25 x 25m is the Mine Field. Modify area depending on the number and age of players.
2. Split into teams of equal numbers. Try to ensure that teams are of no more than 4 players.
3. Cones place randomly in the middle of the area. These are the Mines.
4. Teams begin the activity in each corner of the Mine Field.



HOW TO PLAY

1. When coach says "Go", the first player dribbles through the minefield, around the furthest cone and back to their corner.
2. Once they get back they tag their next player.
3. Next player repeats the dribble across the minefield.
4. First team to get all players through the minefield and back wins.
5. If a player or their ball hits a mine then they have to start again.
6. Teams then rotate around to the next starting position

PROGRESSION

- Dribble with Right / Left foot only
- Introduce more mines in the minefield
- Players have to cross the minefield twice to complete

OUTCOMES

- Dribbling with Close control
- Speed of dribble - when to go quicker and when to slow down
- Team work

MULTI BALL (SMALL SIDED GAMES)

SETUP

1. Area of up to 50 x 30m. Modify area depending on the number and age of players.
2. Place an equal number of goals 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. One team will start with all players having a ball each on their side of the area.
2. They are able to attack the opposite team and they can score any of the opponents goal they wish.
3. If the defenders win possession of the ball, they are allowed to attack the opponents goals.

PROGRESSION

- Remove a football to create the possibility for 2v1s
- Introduce floater players that play for both teams

OUTCOMES

- Dribbling - Use of Body
- Dribbling - Close Control with Head Up
- Decision Making - when to pass / when to dribble / when to shoot

McDONALD'S MINI FOOTBALL TRAINING

(9-12 YEARS)



INTRODUCTION

HOW TO BE AN EFFECTIVE GAME LEADER

The McDonald's Mini Football player is much more capable of developing a basic understanding of the game as well as acquiring a broader range of technical skills. The McDonald's Mini Football coach is therefore required to have a good

understanding of the increased capability at this stage across all four corners of their development and needs the appropriate coaching tools required to challenge and extend the McDonald's Mini Football player in these areas.

FOUR CORNER OVERVIEW - WHERE IS THE FOCUS

TECHNICAL & TACTICAL

All sessions must ensure the central focus is on technical development - high skill levels with both feet and other parts of the body in order to enjoy success.

Games and activities should begin to involve tactics related to the game, and start to develop basic individual roles within a team in different areas of the pitch.

Sessions need to develop player understanding of In Possession and Out of Possession work, and Transition.

All games and activities should continue to allow players to develop new skills and use them in game related activities.

MENTAL

Players need the challenge of both individual and collective problem solving, and need to have ownership of this process.

Coaching should include effective questions and challenges that will promote player creativity and self-initiative

Coaches need to create positive environments as players at this age can be highly self critical, and sensitive to criticism from both peers and adults.

Activities and games need to include high levels of positive individual competitiveness where appropriate

Coaching needs to include lots of positive, encouraging communication.

PHYSICAL

Players at this age need high energy games with lots of activity.

All activities should include an aspect of physical competitiveness or contact - players need to become comfortable with increased physicality.

Speed, agility and stability should be key components as players now face physical challenges both in and out of possession.

Coaches need to take into account players who may be experiencing comparatively rapid physiological change which influences football development.

SOCIAL / EMOTIONAL

Games and activities need to encourage players to be aware of the value of others.

Coaches need to foster positive peer interaction and communication, trust among team mates and the ability of individuals to take ownership of problems.

At all times coaches need to be fair to all players and convey a strong sense of justice and equality.

McDonald's Mini Football coaches must be aware of these characteristics and coach accordingly. This means not only focusing on the development of individual technical and tactical ability through the use of games and activities, but also communicating effectively with the players. This is essential in ensuring that McDonald's Mini Football players learn while having fun.

For the first time in McDonald's Junior Football, game day coaching, and the coaching skills required for this become important. The games and activities used in the Junior Framework not only cover the four specific components that make up a McDonald's Mini Football practice session, but also allow coaches to focus more on the game day requirements of the team.

McDONALD'S MINI FOOTBALL - THE FOUR KEY COMPONENTS

FOCUS FOR TRAINING - WHERE WE SPEND MOST OF OUR TRAINING TIME

The percentage of time spent on each component reflects the age-related requirements of the McDonald's Mini Football player.

GENERAL MOVEMENT

Is more specific to football development rather than general development

Coordination/agility, strength and speed should be the focus

Coordination and speed training can be delivered in games and activities and should be fun, stimulating and age appropriate

Simple movements that strengthen and stabilise joints and tendons should be used to prevent injury

FOOTBALL TECHNIQUE

- Activities should focus on the transition from 'playing' to 'training'
- Fun should still be the most significant motivating factor for the players, but the learning of fundamental technique in an organized manner should now be a focus
- The core techniques are: dribbling, shooting, faking and turning, passing (short and long), receiving/controlling the ball and heading.
- The focus should be on combining movements while controlling the ball
- Activities should involve lots of repetitions of all the associated techniques through highly motivational progressions.

FOOTBALL COORDINATION

- Organisation of the activities should always provide an opportunity to perform a technique in a game related scenario
- Small competitions and games should be used to motivate players to use these techniques
- Decision making about choosing the most appropriate time to use different techniques should be encouraged
- Ball familiarization, using different parts of the foot or body, is used in more game specific activities
- Activities should also focus on using competition to challenge players to execute movement while under pressure.

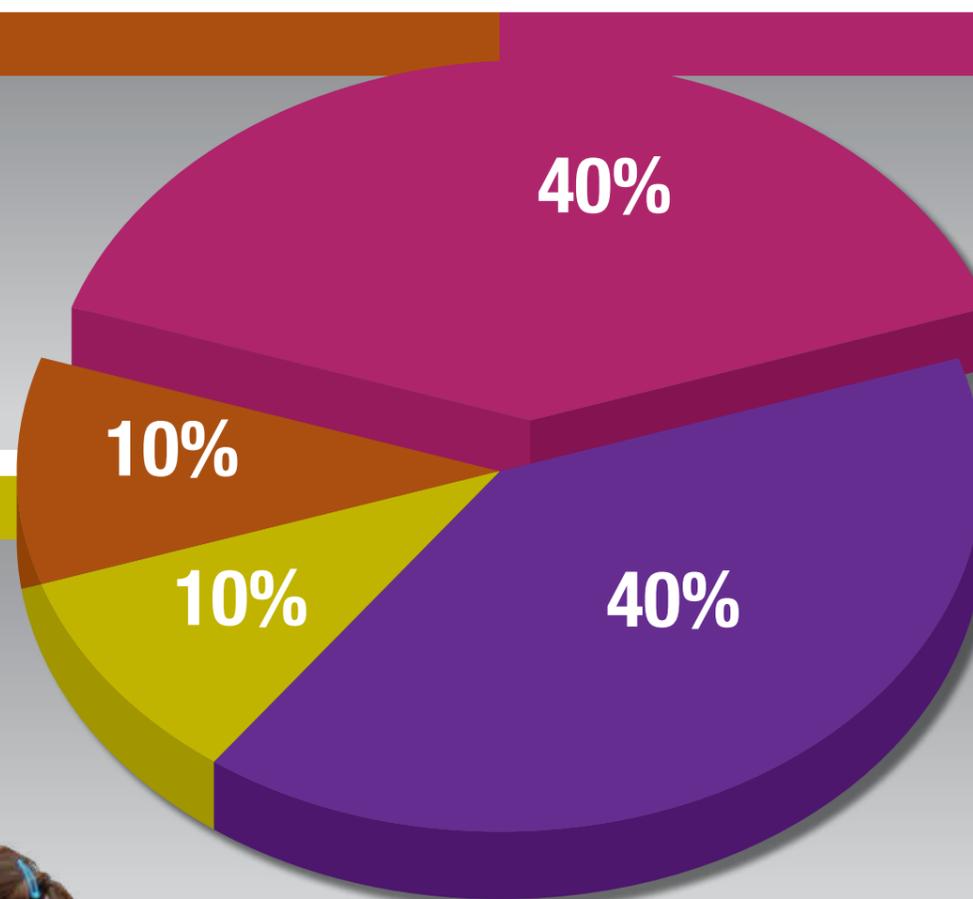
SMALL SIDED GAMES

SOG's should involve 3v3 through to 9v9

Rules should be modified to encourage technical development and problem solving by players e.g multiple goals or limited touches to challenge decision making

Progressive introduction of tactical problems should be guided by player development

SOG's should develop a player understanding of a) In Possession, b) Out of Possession and c) Transition



WHAT DO THE PRACTICE SESSIONS INCLUDE?

Player needs at this age are now strongly linked to succeeding on game day, so ensure the activities and games used reflect this. Remember though, to use positive re-enforcement and avoid focusing on the negative and criticising players. Motivate players with praise-related feedback for demonstrating effort, good technique, effective team play, etc. Make sure the activities and games are still always fun!

To help ensure that the games and activities are well suited

to the players, make sure you remain close to the session. Watch how players react to the tasks. If tasks are too hard or too easy, be prepared to adjust or change something:

- 1 Change the size of target/goals
- 2 Change the part of the foot used to control the ball
- 3 Increase or decrease the number of touches
- 4 Change the area size to make it smaller or bigger
- 5 Change the rules



McDONALD'S MINI FOOTBALL - COMPONENT TRAINING

WEEK 1

ESCAPE THE DRAGONS (GENERAL MOVEMENT)

SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players. Place 4 "castle gates" around the outside of the area.
2. Split into 2 teams, one team of Knights operating inside the circle (Prison) and one team of Dragons operating outside of the prison.
3. Number each Knight in the circle.



HOW TO PLAY

1. Knights are moving around inside the circle and Dragons moving around outside.
2. Coach shouts out a number and that Knight has to get to one of the Castle gates before the Dragon catches them.
3. Each time a Knight escapes, a point is awarded to their team.
4. Swap over teams so that they play the other role.

PROGRESSION

- Shout out two or more numbers
- Certain Castle Gates are locked and Knights must get a key (one of the Footballs) before escaping through them
- Introduce a ball for players on both teams. Players must keep the ball under control when tagging / escaping

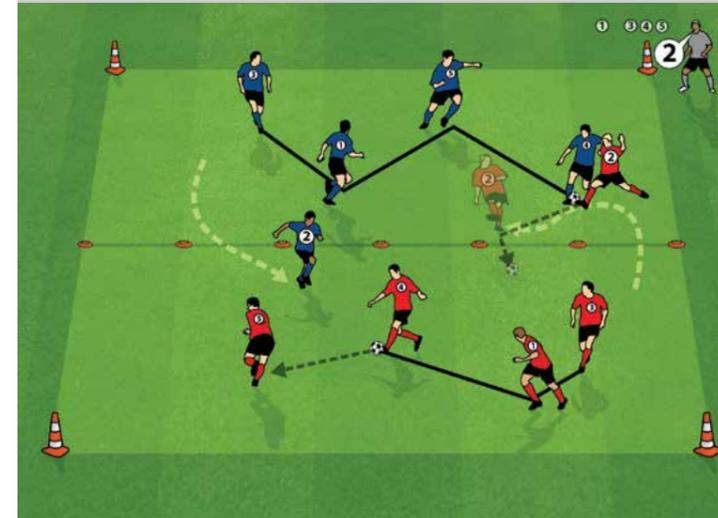
OUTCOMES

- Acceleration
- Change of pace / Direction
- Teamwork / Communication
- Fundamental Movements
- Dribbling

STEAL (FOOTBALL COORDINATION)

SETUP

1. Area of up to 20 x 25m. Modify area depending on the number and age of players.
2. Split into two equally sized teams with players given an individual number each.
3. Split the pitch into two halves.
4. Each team to have 1 ball.



HOW TO PLAY

1. Both teams begin by passing the ball to each other.
2. When coach calls a number, that player becomes the "Snatcher", entering the opposition half. The Snatcher has 20 seconds to win the ball.
3. Teams awarded 1 point if their "Snatcher" touches the ball, 2pts if they pass it back to their own area and 3 points if they dribble it back.

PROGRESSION

- Limit number of touches for the passers
- Send two "Snatchers" in

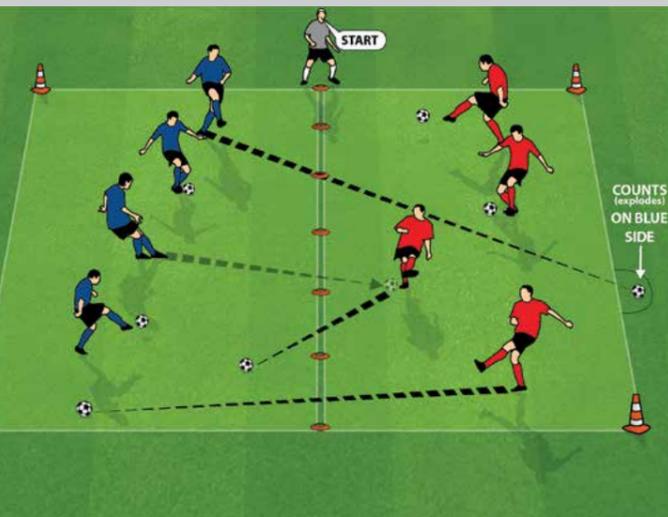
OUTCOMES

- Defending - closing down opposition
- Passing accuracy, angle and weight
- Decision Making - pass to feet or space
- Movement after a pass has been played

TICKING TIME BOMB (FOOTBALL TECHNIQUE)

SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Split the group into 2 equal teams and bib accordingly.
3. Divide the area into 2 areas of the same size, with one team allocated an area each.
4. Each player has a ball (bomb) each and must remain in their team area.



HOW TO PLAY

1. On the coaches call, players pass the ball from their area to the opposing area.
2. The ball must stop in the opponents area for it to count - if it goes out of the area is counts as a bomb against the team passing.
3. The ball must come to a stop before a team is allowed to pass it back.
4. The idea of the game is to clear your team's area of as many bombs as possible.
5. Game is stopped after 1 minute and the number of bombs are counted (explode).

PROGRESSION

- Only allowed to use right / left foot
- Players can pass moving bomb back with a maximum of two touches
- Players are allowed to pass moving bomb back with a maximum of one touch

OUTCOMES

- Passing accuracy
- Weight of Pass
- Team Tactics

FIRST TIME FINISH (SMALL SIDED GAMES)

SETUP

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

- Introduce GK (defenders) who are able to try and guard the Goals
- 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

McDONALD'S MINI FOOTBALL - COMPONENT TRAINING *cont...*

WEEK 2

ZOO ESCAPE (GENERAL MOVEMENT)

SETUP

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

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

OUTCOMES

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

GATE KEEPERS (FOOTBALL COORDINATION)

SETUP

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

- Increase / decrease the number of gates
- Increase / decrease the number of Gate Keepers
- 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

KINGPIN (FOOTBALL TECHNIQUE)

SETUP

1. Area of up to 20 x 30m. Modify area depending on the number and age of players.
2. Split into 2 teams of equal numbers.
3. Divide the pitch in half – teams are to remain in their own half.
4. Players have a ball each.
5. Tall cones (skittles) are to be randomly placed on both halves of the area.



HOW TO PLAY

1. When coach shouts "Go", teams have to try and hit the opponents Skittles over, whilst also defending their own. 1pt for each skittle knocked over. Footballs are not allowed to go out of the overall area.
2. Balls that get passed into your own area by opponents can be used to shoot again.
3. Skittles are to be picked up by a defender as soon as they have been knocked over. (Introduce point penalties if they are not picked up quickly enough)
4. The team who has knocked down most cones within the time limit allowed wins.

PROGRESSION

- Players are only allowed to have a maximum of 3 touches of the ball each time
- One team player is allowed to transfer to opponents area to rebound shots at skittles

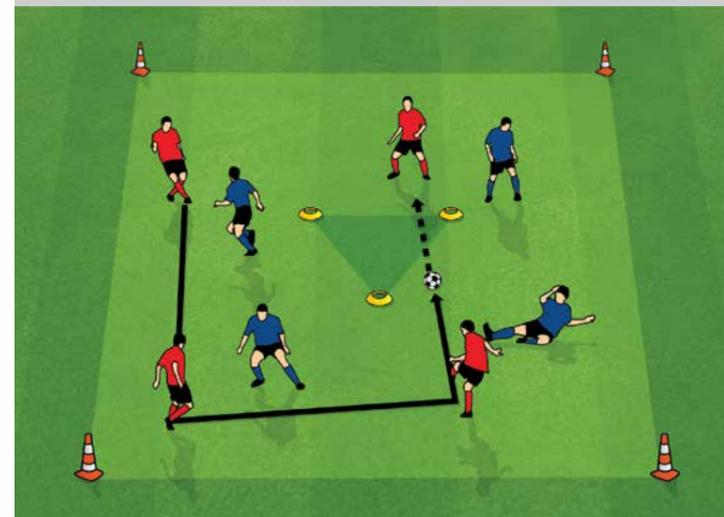
OUTCOMES

- Shooting accuracy
- Choice of shot – laces for power / inside for the accuracy
- Predicting shots when defending
- Vision & Awareness

TRIANGLE GAME (SMALL SIDED GAMES)

SETUP

1. Create an area up to 40m x 25m. Modify the size depending on the number of players
2. Set up a triangle with 3m sides in the centre of the area
3. Divide the players into two teams with bibs
4. Place as many balls as possible around the area for fast re-starts



HOW TO PLAY

1. Teams try to score by passing the ball through any side of the triangle securely to a team mate on the other side
2. Play does not stop when a goal is scored, instead the team keeps possession and looks to score through another side
3. There are no throw ins, rather the ball is passed in as soon as a ball goes out of play

PROGRESSION

- INTERMEDIATE: Specify which foot can be used to pass or score
Assign 2 specific sides of the triangle that can be scored through by each team
- ADVANCED: Limit the number of touches players can take e.g. 2 touch only

OUTCOMES

- Dribbling and changing direction with the head up
- Dribbling using different parts of the foot
- Passing over short distances with both feet
- Awareness of space to move into to receive and keep the ball
- Change direction of play quickly
- Defending skills

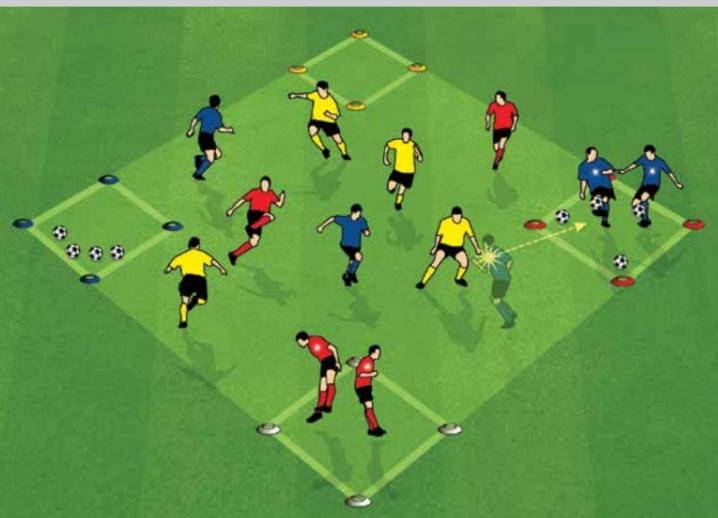
McDONALD'S MINI FOOTBALL - COMPONENT TRAINING *cont...*

WEEK 3

TAGS & TRICKS (GENERAL MOVEMENT)

SETUP

1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. 4 squares (3x3m) in each corner of the square. Each square has a specific challenge.
3. 2 teams of equal numbers (red and blue) plus one team of two chasers (yellow).



HOW TO PLAY

1. Yellow team chase first. When they tag a Red / Blue they must tell the player which corner square to enter and perform challenge.
2. After player performs challenge they are allowed back into the main area.
3. If all players from red team are performing challenges in corner squares, blues win (and vice versa).

PROGRESSION

- Increase number of players in chasing team.
- Increase difficulty of challenges performed in corner squares.
- Introduce a ball for players in the main area.

OUTCOMES

- Encourages players to be comfortable on the ball
- Develops spatial awareness
- Develops balance

HUNTING TIME (FOOTBALL COORDINATION)

SETUP

1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Two teams of equal numbers. Individual players are allocated a number on each team.
3. Each player has a ball.
4. Split pitch into two halves, marked by cones.



HOW TO PLAY

1. Players will be dribbling their ball until the coach calls out a number.
2. When a number gets called that player must leave their ball, go into the opposition area and try to get as many footballs off the opposition as possible. When they get one of the opposition balls they try to score in one of the goals.
3. Whoever scores the most goals in a minute wins a point for their team.
4. Players then go back into their own half and the game restarts

PROGRESSION

- Have two numbers called out at once so they work as a team
- First player to score wins an additional point for their team

OUTCOMES

- Dribbling - change of direction / speed
- Closing down players / winning possession
- Team work
- Defending in pairs

FOUR SQUARE (FOOTBALL TECHNIQUE)

SETUP

1. Area of up to 30 x 30m, split into 4 quarters. Modify area depending on the number and age of players.
2. Group divided into 4 teams who start in their own quarter.
3. One ball between each group.
4. 4 goals placed as shown below.



HOW TO PLAY

1. Players pass the ball about their area.
2. When coach calls a number, player carries out the following tasks:
 - "1" - Whole group moves in a clockwise direction to the next square
 - "2" - Whole group moves in an anti clockwise direction to the next square

PROGRESSION

- "3" - group passes ball in a clockwise direction to the next square
- "4" - group passes ball in an anti clockwise direction to the next square
- "5" - group passes ball in a diagonal direction to the next square
- "6" - Players play a 3v3 against the team on their half of the pitch (2 footballs)

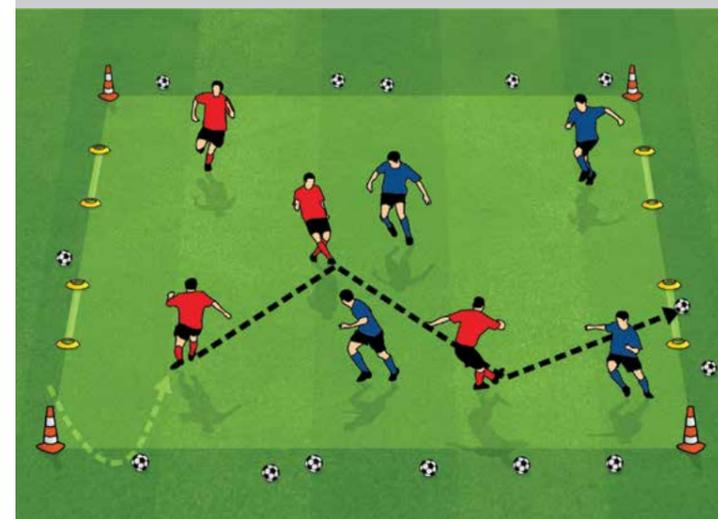
OUTCOMES

- Passing accuracy
- Movement to receive
- Vision & Awareness

2 GOAL CHANGEOVER (SMALL SIDED GAMES)

SETUP

1. Area of up to 50 x 30m. Modify area depending on the number and age of players.
2. Use extra cones to create 2 goals at each end of the area. Assign each team a goal line / pair of goals to attack.
3. Place as many balls as possible around the area for fast starts.



HOW TO PLAY

1. Teams score by dribbling or passing the ball through the two goals they are attacking.
2. When a team scores, they retreat, allowing the opposition to start play from the goal line.
3. There are no throw ins, rather the ball is passed in.
4. If coach shouts "change" teams attack the opposite end to the one currently attacking - do this frequently (once or twice a minute).

PROGRESSION

- Players can only use their non-dominant foot to turn.
- Specify the number of players that have to touch the ball before a 'goal' is scored.

OUTCOMES

- Selection of turns
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play

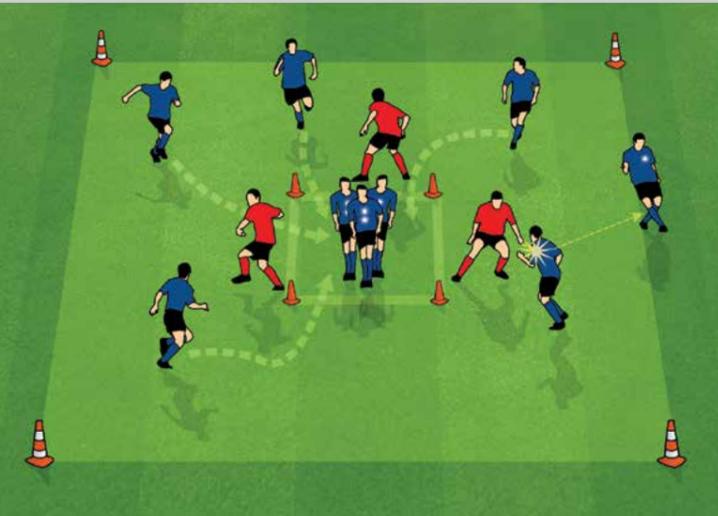
McDONALD'S MINI FOOTBALL - COMPONENT TRAINING *cont...*

WEEK 4

ESCAPE TO VICTORY (GENERAL MOVEMENT)

SETUP

1. Area of up to 25 x 20m. Modify area depending on the number and age of players.
2. Have a coned area in the centre which is the prison.
3. Have a set number of players in the prison to start with and 3 guards protecting the prison.



HOW TO PLAY

1. In this game the objective is for the attackers to break into the prison and help the prisoners to escape.
2. Guards defending the prison try to tag attackers attempting to break in. If an attacker gets tagged they must go to the outside of the large area before trying to break in again.
3. Attackers have two lives each. If they are tagged twice they then become prisoners. If prisoners escape then they become attackers and attempt to free others.
4. If the prison guards capture all prisoners then they win the game. If all prisoners escape and break out of the overall area then they win the game.

PROGRESSION

- Make prison bigger or smaller
- Guards can only move sideways
- Attackers have 1 minute to get as many prisoners freed as possible
- Add a ball each for attackers and / or the Prison Guards

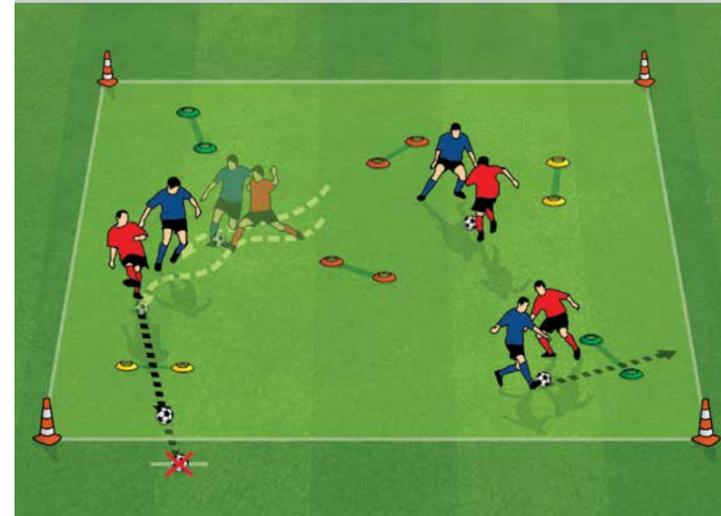
OUTCOMES

- Change of Pace / Direction
- Acceleration / Deceleration
- Dodging and deception
- Teamwork & Communication

1V1 MULTI GOALS (FOOTBALL COORDINATION)

SETUP

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.
4. Place different coloured gates around the area.



HOW TO PLAY

1. Players all play in a 1v1 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

- Players can only score through certain colour gates
- If the ball goes out of play the opponent has a free shot
- 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
- 1v1 fakes and turns
- Dribbling

RUN THE GAUNTLET (FOOTBALL TECHNIQUE)

SETUP

1. Create an area 25m x 15m. Divide the area up further by placing cones down 2 opposite sides
2. Divide the players into 'shooters' (blue) and 'targets' (red)
3. Assign the 'shooters', in pairs, to a section of the area. Each pair shares one ball
4. Give the 'targets' one ball each



HOW TO PLAY

1. The 'shooters' line up vertically at intervals either side of the area
2. The 'targets' line up with a ball each at the start of the area
3. On your signal, the first 'target' tries to dribble past the first pair. The first pair of 'shooters' tries to hit the 'targets' ball by passing their ball
4. If the 'targets' ball gets hit they must start again from the back of the line
5. If the 'target' passes the first pair the next in line starts as the first 'target' continues toward the end
6. The 'shooters' get a point for each hit, and the 'target's get two turns each

PROGRESSION

- BASIC: Change the part of the foot used to dribble
 INTERMEDIATE: Players can only pass the ball at the 'target' with their non-dominant foot

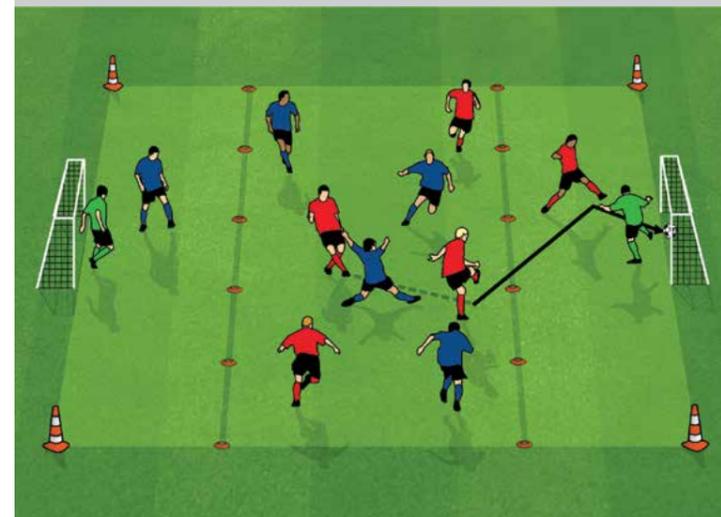
OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Timing and accuracy of passing

SHARP SHOOTER (SMALL SIDED GAMES)

SETUP

1. Area of approximately 45 x 30m. Modify area depending on the number and age of players. Split the pitch into 3 areas as shown below.
2. Two teams of equal numbers, all starting in the middle area. Except for a striker on each team who starts in the attacking third.
3. Footballs around the area to restart match.



HOW TO PLAY

1. Each team has to pass ball into striker in the attacking third.
2. Only the striker in attacking third can score for the team in a 1v1 with the GK.
3. Rotate striker on a regular basis.

PROGRESSION

- Striker has a time limit to score when they receive ball
- One defender can challenge attacker when the ball is played into attacking third
- Another attacker can join striker when ball is passed into attacking third
- Players in middle third must make a number of passes before passing into attacking third

OUTCOMES

- Vision and awareness
- Movement to receive the ball
- 1v1 Shooting - where to shoot in relation to the GK

McDONALD'S JUNIOR FOOTBALL GAMEDAYS

MODELS FOR AGE APPROPRIATE GAME DAYS



GAMEDAY ORGANISATION

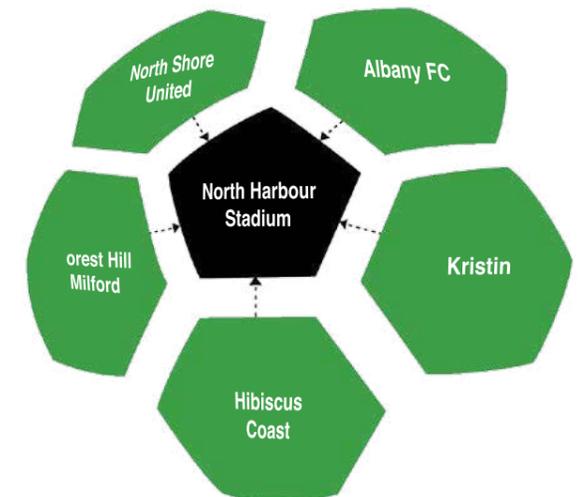
Game day is where football comes alive. Filled with fun activities and games in a positive environment, the game day allows McDonald's Junior Footballers to practice what they have learnt in a slightly more competitive environment.

There are different models of delivery for Game Day and one which has been very successful across New Zealand is a Central Venue Hub. This involves a number of clubs travelling to one venue, where multiple fixtures take place. The Central Venue may alter each week, with a host club taking responsibility for organizing Game Day on that particular weekend. This has been successful for a number of reasons:

- 1 A fun and exciting atmosphere**
Having numerous club's players, coaches and parents attending one venue leads to a larger event. This results in a fun, festival atmosphere, providing an exciting experience for the players involved.
- 2 Games played at a guaranteed venue and time on a regular basis**
The familiar routine makes it easy for parents, coaches, game leaders, administrators and spectators to plan their time and commit to the framework on a weekly basis.
- 3 Reduced emphasis on competition and winning**
The focus on game day should be on player enjoyment and

development, with less emphasis placed upon the result of the game. Multiple games on game day results in players moving on quickly from previous results and focusing on the upcoming chance to play.

- 4 Maximising the use of one football pitch**
As the number of McDonald's Junior Footballers in the country grows, playing venues becomes even more important. Having multiple pitches whilst using one venue means that more players are able to access the game
- 5 Limited reliance on club volunteers regularly**
With the lack of regular home fixtures for participating clubs, the pressure on volunteers and facilities is reduced and shared across all clubs.



GAMEDAY

The playing formats for game day are based on world-best practice, the developmental needs of players and the reality of football in New Zealand. Although there is little flexibility within the playing formats, the guidelines around dimensions and delivery models are flexible enough to meet the short-term needs of clubs.

OPTIMAL GAMEDAY MODELS

	McDONALD'S FIRST KICKS (4-6 YEARS)	McDONALD'S FUN FOOTBALL (7-8 YEARS)	McDONALD'S MINI FOOTBALL (9-10 YEARS)	McDONALD'S MINI FOOTBALL (11-12 YEARS)
OPTIMAL	Rotation Station (GM, FC & FT) and 3 x 10 minute SSG (3v3/4v4)	Rotation Station (GM, FC & FT) and 4 x 10 minute SSG (4v4/5v5)	FC or FT warm-up and 2 x 25 minute SSG (7v7)	FC or FT warm-up and 2 x 30 minute SSG (9v9)
FLEXIBLE OPTION	GM, FC or FT warm-up and 3 x 10 minute SSG (3v3/4v4)	GM, FC or FT warm-up and 4 x 10 minute SSG (4v4/5v5)	FC or FT warm-up and 1 x 50 minute SSG (7v7)	FC or FT warm-up and 1 x 60 minute SSG (9v9)

GAMEDAY SETUP



PITCH DIMENSIONS

The field of play should be rectangular and should be between the following dimensions:

	McDONALD'S FIRST KICKS (4-6 YEARS)	McDONALD'S FUN FOOTBALL (7-8 YEARS)	McDONALD'S MINI FOOTBALL (9-10 YEARS)	McDONALD'S MINI FOOTBALL (11-12 YEARS)
MINIMUM	20 x 15m	25 x 20m	45 x 30m	64 x 45m
MAXIMUM	30 x 20m	30 x 20m	55 x 35m	70 x 50m

MARKINGS

Fields can be marked out with disk cones or line markings

GOALS

Goals, markers, poles or flags can be used as goals.

	McDONALD'S FIRST KICKS (4-6 YEARS)	McDONALD'S FUN FOOTBALL (7-8 YEARS)	McDONALD'S MINI FOOTBALL (9-10 YEARS)	McDONALD'S MINI FOOTBALL (11-12 YEARS)
MINIMUM	1.5 x 0.9m	1.8 x 0.9m	3.8 x 1.9m	4 x 2m
MAXIMUM	2 x 1m	2 x 1m	4 x 2m	5 x 2m

THE BALL

McDONALD'S FIRST KICKS (4-6 YEARS)	McDONALD'S FUN FOOTBALL (7-8 YEARS)	McDONALD'S MINI FOOTBALL (9-10 YEARS)	McDONALD'S MINI FOOTBALL (11-12 YEARS)
Size 3	Size 3	Size 4	Size 4

PENALTY AREA

McDONALD'S FIRST KICKS (4-6 YEARS)	McDONALD'S FUN FOOTBALL (7-8 YEARS)	McDONALD'S MINI FOOTBALL (9-10 YEARS)	McDONALD'S MINI FOOTBALL (11-12 YEARS)
No Penalty Area	No Penalty Area	8m length x 16m width	8m length x 16m width

NUMBER OF PLAYERS

McDONALD'S FIRST KICKS (4-6 YEARS)	McDONALD'S FUN FOOTBALL (7-8 YEARS)	McDONALD'S MINI FOOTBALL (9-10 YEARS)	McDONALD'S MINI FOOTBALL (11-12 YEARS)
3v3 or 4v4 Maximum of two substitutions who may rotate regularly throughout the whole game	4v4 or 5v5 Maximum of two substitutions who may rotate regularly throughout the whole game	7v7 Maximum of three substitutions who may rotate regularly throughout the whole game	9v9 Maximum of four substitutions who may rotate regularly throughout the whole game

GAMEDAY SETUP *cont...*

START AND RESTART OF PLAY

A game is started with a kick forward to a team mate from the middle of the halfway line. The opposition must be 4.5m away from the ball at this time. In order to score a goal from kick off it must touch someone else on the field before entering the goal. When a goal is scored, play is restarted at the halfway line with the side conceding the goal taking the kick off as per the start of play.

BALL IN AND OUT OF PLAY - BALL CROSSING THE TOUCHLINE

McDonald's First Kicks & McDonald's Fun Football

The ball is to be kicked or dribbled into play from behind the touchline (no throw-in). To ensure players have as much contact with the ball as possible, players have approximately three seconds to recommence the play from a restart. This can be managed by the game leader using "ready-set-go!" The defending team should be retreat to 4.5m away from the ball until "go" is heard. In order to score a goal from kick off it must touch someone else on the field before entering the goal.

McDonald's Mini Football

The ball should be thrown in to play from behind the touch line. The player should face the field of play with both feet either behind or on the touchline and should use both hands to deliver the ball from behind and over their head. The thrower may not touch the ball until it has touched another player and if this occurs a free kick is awarded. A goal cannot be scored directly from a throw in.

BALL CROSSING THE GOAL LINE

Defending team – A corner kick is awarded (Not applicable at McDonald's First Kicks or McDonald's Fun Football – Goal Kick).

Attacking Team – A goal kick is awarded:

McDonald's First Kicks & McDonald's Fun Football

A goal kick is awarded from anywhere along the goal line. Players must retreat to their own half until the ball is kicked in to play. (Refer to restart of play)

McDonald's Mini Football

At McDonald's Mini Football the goalkeeper is permitted to handle the ball anywhere in the penalty area and can restart play either from their hands or on the ground. Coaches should encourage goal keepers wherever possible to roll out of their hands or play from the ground; however it is recognised that kicks out of their hands may be required every now and again.

SCORING GOALS

A goal is scored when the whole ball crosses the line (in between markers when original goals are not used). Where original goals are not used, the height should be reflective of the tallest player on the pitch.

McDonald's First Kicks & McDonald's Fun Football

Goals can only be scored from the opposition's half as there are no goal keepers.

OFFSIDE

There are no offsides in small sided football but poaching should not be encouraged.

FOULS AND MISCONDUCT

There are only indirect free kicks for fouls and misconducts with the exception of penalty kicks. Free Kicks occur when a player:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempt to strike an opponent
- Pushes an opponent
- Tackles an opponent from behind to gain possession of the ball
- Making contact with the opponent before touching the ball
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- Plays in a dangerous manner
- Impedes the progress of a player

McDonald's Mini Football

A deliberate handball or serious misconduct in the penalty area results in a penalty kick which is taken from 8m out with a GK in position.

CONSIDERATIONS FOR THE GAME LEADER

Promote player development, participation and fun

- Discourage players from guarding the goal constantly and promote maximum involvement
- Ensure the correct numbers of players are on the field
- Most fouls and misconduct are not deliberate or serious at this level. Give advantage to the attacking team allowing the game to flow with minimal stoppages.
- Ensure there are no positions at this age, children should be involved in all aspects of the game
- Ensure parents adhere to player development and participation rather than winning through creating a positive playing environment
- Talk to players in the first instance players before opting to blow the whistle
- Praise and encourage both teams in an enthusiastic and approachable manner
- Remember the children are learning the game, be flexible and patient



McDONALD'S FIRST KICKS GAMEDAY

(4-6 YEARS)

Traditionally the 4-6 year old player experienced game day on a Saturday morning and perhaps trained once a week midweek. The McDonald's First Kicks programme should be viewed and applied with more flexibility to allow clubs to offer the best programme possible whilst maximising the limited time and facilities available. Whether that be offering a season during the summer months, playing gameday midweek or exploring indoor training venues, we should strive to best meet the needs of the McDonald's First Kicks player.

Optimally clubs should offer both training and game day, but if all options are explored and this is not possible, game day alone will suffice.

The next couple of pages will bring McDonald's First Kicks alive and help clubs and volunteers understand how to best meet the needs of our McDonald's First Kicks Players in both game day and training.

Game day is filled with variation, with lots of short activities and exposure to the different components required within the game. The emphasis is on fun, exploration and enjoyment for individual players, with no requirement to understand tactics or team play.

Recognition should be based on the individual improvement of a player and not game results at this early stage. This will

enhance the quality of the experience for both players and parents.

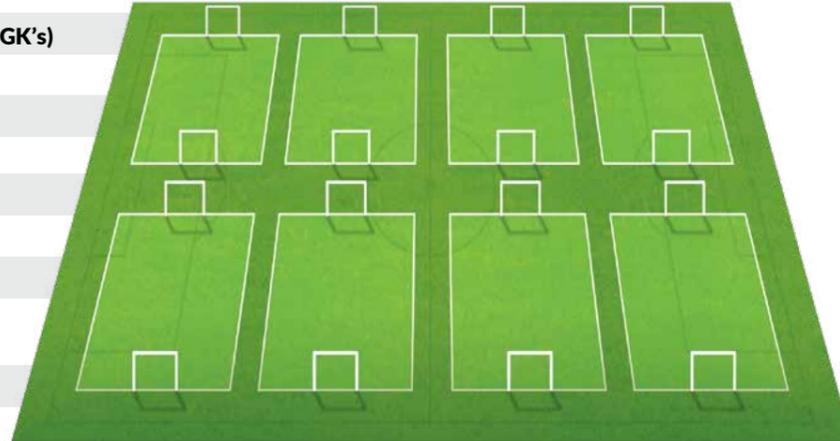
At McDonald's First Kicks stage, players should experience rotation station prior to playing three games in the format of 3v3 or 4v4 (refer to McDonald's First Kicks training for more information on station rotation). Clubs with significant pressure around facilities and time may opt to simply rotate through games following an initial station activity warm-up.



DELIVERING GAMEDAY

GAMEDAY SETUP

Format	3v3 or 4v4 (without GK's)
Minimum field size	20 x 15m (3v3)
Maximum field size	30 x 20m (4v4)
Minimum goal size	1.5 x 0.90m
Maximum goal size	2 x 1m
Ball Size	3
Contact time	45-60 minutes
Contact frequency	2 x per week including Game day
Max. Mini Pitches per field	8
No league, just play	



WHAT A TYPICAL SATURDAY MORNING LOOKS LIKE FOR THE McDONALD'S FIRST KICKS PLAYER

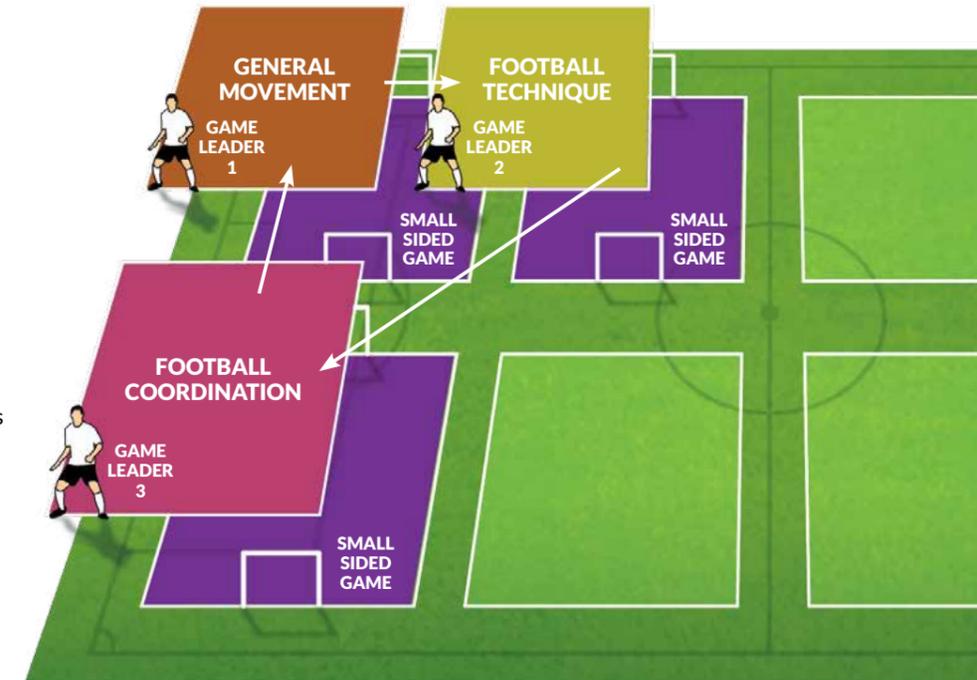
The station rotation concept, introduced in training, continues on game day to ensure that players receive the vital ingredients for their development. Although station rotation is not at the heart of the day, it provides a valuable platform for players to continue developing the football skills that will be later applied in the real game situation. Greater skill levels will only increase the child's love and appreciation of the Small Sided Game.

GAMEDAY BENEFITS

- 1 Lots of variation leading to greater engagement from the player throughout the whole day
- 2 Station rotation prior to games ensures greater focus is placed on individual player development leading to more confident and technically competent football players
- 3 Player's experiencing football related activities prior to playing the game fosters future habits related to warming up that are required later in life to reduce the incidence of injury
- 4 A learning environment whereby players learn the skills required to play the game effectively and confidently and then are given lots of opportunity to try them in games
- 5 More Small Sided Games in one day resulting in greater motivation for more of the time. (Shorter games mean less dramatic score lines)

GAMEDAY OPTIMAL REQUIREMENTS

- Split players in to the relevant number of groups (based on the no. of mini pitches required)
- Rotate 3 x 8-10 minute station activities (General Movement, Football Technique, Football Coordination)
- 3 x 10 minute Small Sided Games
- Number of stations should match number of Small Sided Game pitches required for a smooth transition*
- For clubs with significant pressure around facilities and time, they can opt to purely rotate through games following a station activity



* For example five SSG pitches are required for games and therefore five stations should be setup (1 x GM, 2 x FC and 2 x FT). Players randomly may experience more of one component than another in this setup, but on game day this is not an issue.

McDONALD'S FUN FOOTBALL GAMEDAY

(7-8 YEARS)

Traditionally the 7-8 year old player experienced game day on a Saturday morning and perhaps trained once a week midweek. The McDonald's Fun Football programme should be viewed and applied with more flexibility to allow clubs to offer the best programme possible whilst maximizing the limited time and facilities available. Whether that be offering a season during the summer months, playing

gameday midweek or exploring indoor training venues, we should strive to best meet the needs of the McDonald's Fun Football player.

McDonald's Fun Football builds on the models and philosophies introduced at McDonald's First Kicks. The child's football development is continued in a logical and progressive fashion to ensure technical proficiency in fun

safe and rewarding environments remains the main focus of development.

In a nutshell, fun activities and Small Sided Games are provided in a motivational but not over-burdening environment. The focus is on individual development of the player with no requirement to understand advanced team tactics and this is reflected in the playing structures.

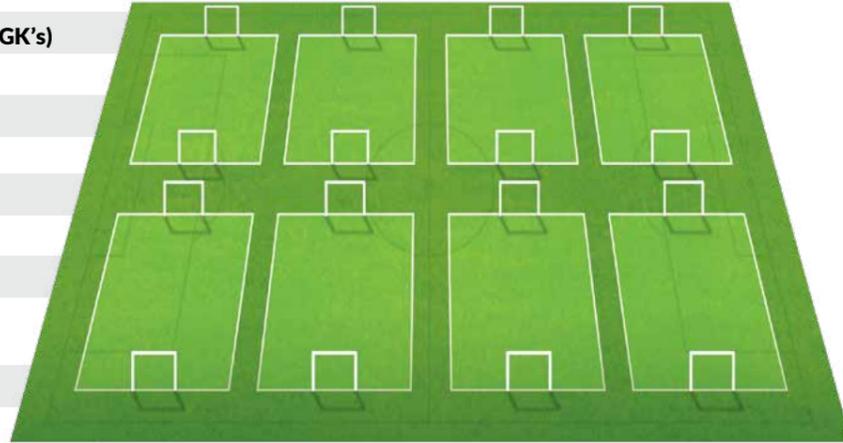
The player's experience should be one of involvement, motivation and excitement. The McDonald's Fun Football Game day enables players to experience four games in either the 4v4 or 5v5 format each against different opposition. These shorter games, smaller numbers per team and opportunities to play against different opposition all help to keep the children interested and motivated.



DELIVERING GAMEDAY

GAMEDAY SETUP

Format	4v4 or 5v5 (without GK's)
Minimum field size	25 x 20m
Maximum field size	30 x 20m
Minimum goal size	1.8 x 0.90m
Maximum goal size	2 x 1m
Ball Size	3
Contact time	60-75 minutes
Contact frequency	2 x per week including Game day
Max. Mini Pitches per field	8
No league, just play	



WHAT A TYPICAL SATURDAY MORNING LOOKS LIKE FOR THE McDONALD'S FUN FOOTBALL PLAYER

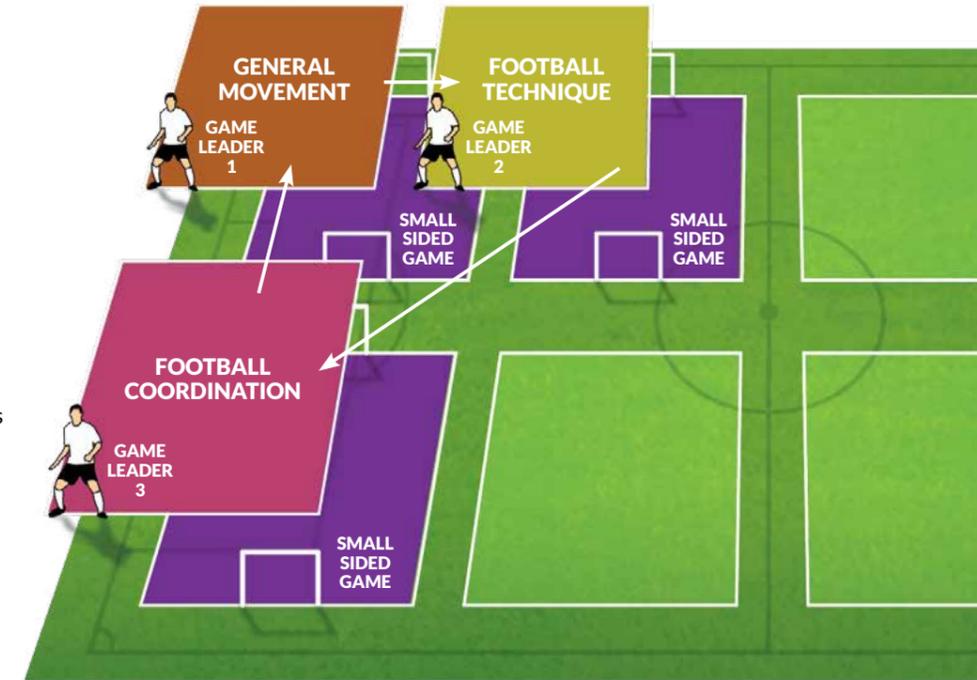
The station rotation concept, introduced in training, continues on game day to ensure that players receive the vital ingredients for their development. Although station rotation is not at the heart of the day, it provides a valuable platform for players to continue developing the football skills that will be later applied in the real game situation. Greater skill levels will only increase the child's love and appreciation of the Small Sided Game.

GAMEDAY BENEFITS

- 1 Lots of variation leading to greater engagement from the player throughout the whole day
- 2 Station rotation prior to games ensures greater focus is placed on individual player development leading to more confident and technically competent football players
- 3 Player's experiencing football related activities prior to playing the game fosters future habits related to warming up that are required later in life to reduce the incidence of injury
- 4 A learning environment whereby players learn the skills required to play the game effectively and confidently and then are given lots of opportunity to try them in games
- 5 More Small Sided Games in one day resulting in greater motivation for more of the time. (Shorter games mean less dramatic score lines)

GAMEDAY OPTIMAL REQUIREMENTS

- Split players in to the relevant number of groups (based on the no. of mini pitches required)
- Rotate 3 x 8-10 minute station activities (General Movement, Football Technique, Football Coordination)
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- Number of stations should match number of Small Sided Game pitches required for a smooth transition*
- For clubs with significant pressure around facilities and time, they can opt to purely rotate through games following a station activity



* For example five SSG pitches are required for games and therefore five stations should be setup (1 x GM, 2 x FC and 2 x FT). Players randomly may experience more of one component than another in this setup, but on game day this is not an issue.

McDONALD'S MINI FOOTBALL GAMEDAY

(9-12 YEARS)

McDonald's Mini Football sees the introduction of formal competition for game day and this is reflected in the larger playing structures and more traditional methods of running game days.

The development from 7v7 through to 9v9 at McDonald's Mini Football reflects the developments in mental awareness that take place at this stage. Players develop a greater understanding of how to play the game both in and out of possession, as well as the principles associated with creating and denying space and time.

Please note that in girls-only football at the McDonald's Mini Football stage smaller sided games are played for longer, with 5v5 continuing from McDonald's Fun Football with the gradual progression to 7v7. This unique gender intervention aims to accelerate the technical development of the female player by increasing the number of touches on the ball.

Success for a McDonald's Mini Football coach should be measured purely by individual and team development of technical skills and basic tactical understanding. Game day becomes more important to the development of a player at this stage, so this should not be overly focused on winning. Long-term development should be at the forefront of the game day experience.

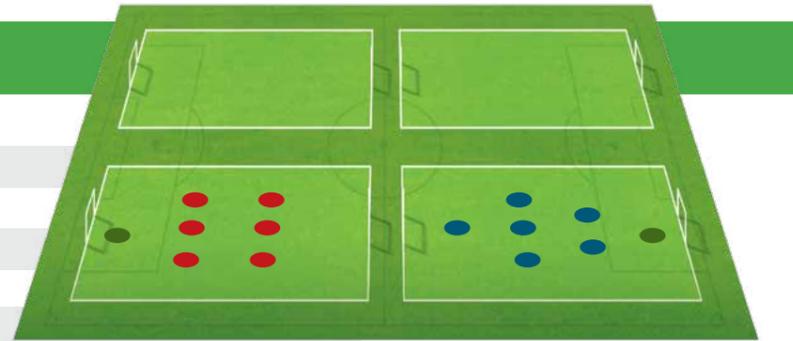


DELIVERING GAMEDAY

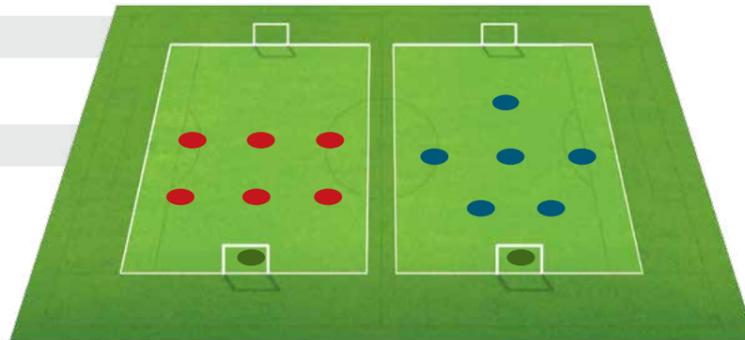
GAMEDAY SETUP (9-10 YEARS)

Format	7v7* (with GK's)
Minimum field size	45 x 30m
Maximum field size	55 x 35m
Minimum goal size	3.8 x 1.9m
Maximum goal size	4 x 2m
Ball Size	4
Contact time	75-90 minutes
Contact frequency	3 x per week including Game day
Max. Mini Pitches per field	4
Formal Competition	Home & Away

* 5v5 specific to the Girls Junior Framework



Maximising the use of one football field

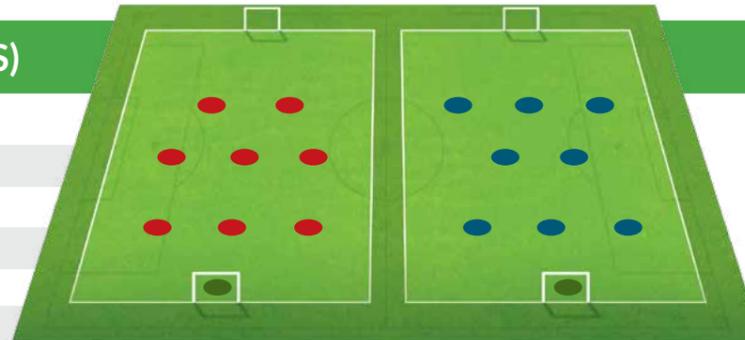


Max. size field (physically mature or talented players)

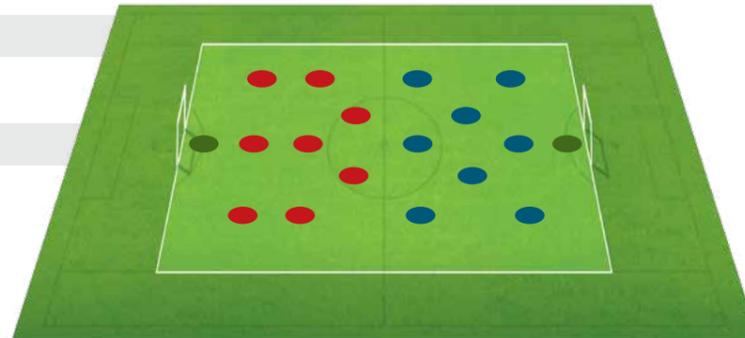
GAMEDAY SETUP (11-12 YEARS)

Format	9v9* (with GK's)
Minimum field size	60 x 45m
Maximum field size	70 x 50m
Minimum goal size	4 x 2m
Maximum goal size	5 x 2m
Ball Size	4
Contact time	90 minutes max.
Contact frequency	3 x per week including Game day
Max. Mini Pitches per field	2
Formal Competition	Home & Away

* 7v7 specific to the Girls Junior Framework



Maximising the use of one football field



Max. size field (physically mature or talented players)

WHAT A TYPICAL SATURDAY MORNING LOOKS LIKE FOR THE McDONALD'S MINI FOOTBALL PLAYER

McDonald's Mini Footballers will start to favour particular positions, however they should be encouraged to try new positions to develop a greater understanding of the game and to raise their awareness of areas they need to work on. The structures outlined for both 7v7 & 9v9 are guidelines to assist coaches in assisting the development of the McDonald's Mini Footballer.

GAMEDAY BENEFITS

The benefits of structures within 7v7 & 9v9 football are as follows:

- 1 Greater understanding of the game through context and reference to areas of the pitch.
- 2 Greater enjoyment through effectiveness and players working cooperatively in a team.
- 3 Players experience different positions within a framework that helps them develop a shared understanding.

Although structures are crucial to developing the player, they should be gradually and subtly introduced. They are simply a framework to work from.

Beware of these traps:

- 1 Information overload from the coach, resulting in confusion and low confidence.
- 2 Over-emphasis of structures detracting from the key ingredient of fun and the players ability to explore the game and express themselves through football.
- 3 Negative structures and tactics in order to gain results.

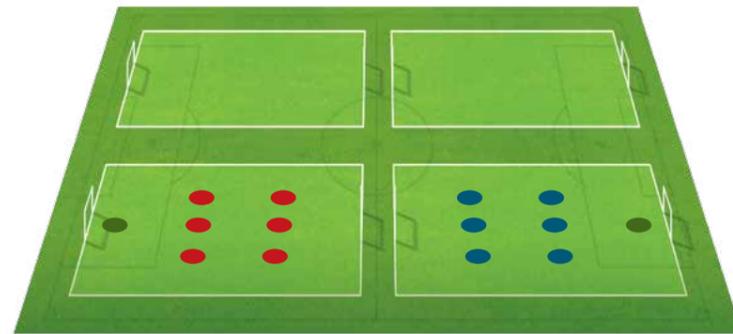
DELIVERING GAMEDAY *cont...*

PLAYER STRUCTURES

9-10 YEARS (7v7)

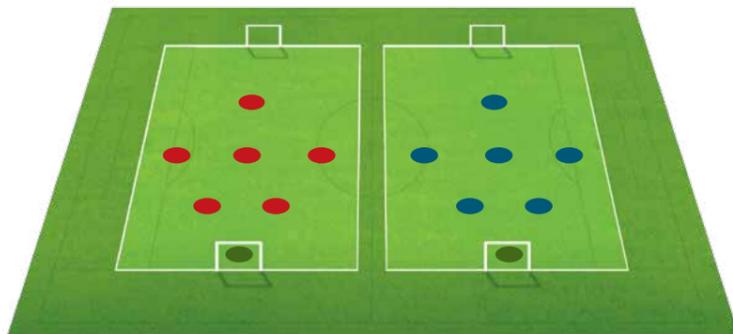
1-3-3 (developing towards 4-4-2)

This is the first introduction of playing structures to a player, so it is simple, easy to monitor and focuses on working closely together as a team. This playing structure produces two compact units when defending and natural width when attacking. This particular structure helps players develop an understanding and feel for playing on two lines in relatively close proximity, making combination play and basic organisation in both attacking and defending moments of the game relatively easy. The 1-3-3 structure lays the basic foundations for a traditional 11-aside 4-4-2 formation and exposes players to opportunities to develop their understanding of basic combination play in wide areas.



1-2-3-1 (developing towards 4-3-3)

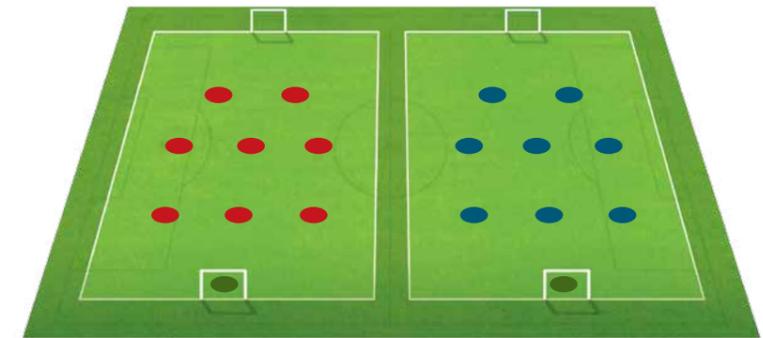
This structure which may be seen as a progression from the 1-3-3 introduces the players to playing on three lines with the inclusion of a central forward playing in front of a 3 player midfield. This introduction of a forward player adds greater depth to the team from front to back and encourages the development of early forward passing and supporting runs from midfield players. The structure helps players to understand the attacking and defensive responsibilities of wide players and encourages defenders to build up play through using players in the midfield line. The structure naturally predisposes players to greater passing and support angles which in turn encourages teams to adopt a short passing game.



11-12 YEARS (9v9)

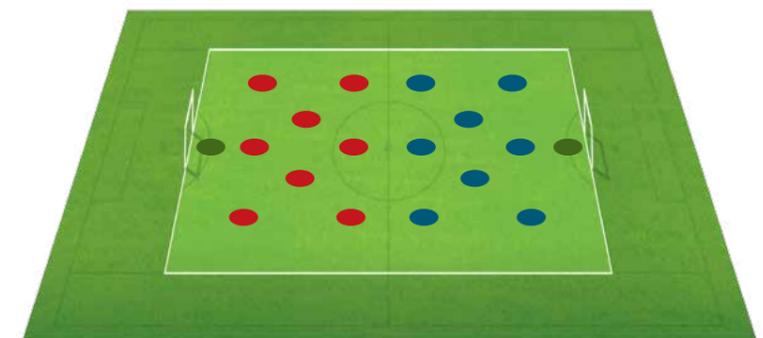
1-3-3-2 (developing towards 4-4-2)

At 9v9 a forward line of players are added to the structure creating a 3-3-2 formation. The structure now develops understanding of playing on three lines and provides balanced coverage across the whole pitch. The structure enables players to remain within close proximity of each other promoting opportunity for combination play in both attack and defence. The attacking structure utilising two forwards and wide midfield players can help develop your players understanding of how to create and score from crossing opportunities as well as how the two forwards can effectively combine. Discovering how to quickly move the ball from one side of the pitch to attack down the other using central players as the pivot becomes a key learning opportunity for players utilising this structure. In defence the small distances between the three lines helps players to quickly create a short and tight structure that can move cohesively from side to side, forward and backwards while reducing space and time for the opposition to play.



1-3-2-3 (developing towards 4-3-3)

The 9 aside structure includes the introduction of two wide forward players to the forward line and an extra player to the midfield line. This structure continues to promote the use of a short passing game and building play through midfield as passing and support angles can be created with relative ease. In attack forward players develop an understanding of how to combine on a line of three and wide forwards gain exposure to creating and exploiting 1v1 situations. In addition with two central midfield players moving the ball into wide areas and maintaining possession of the ball in the centre of the pitch becomes easier. Central midfield players can start to develop an understanding of how to support the attack when the ball is with the forwards and the wide defenders should be encouraged to explore how and when to enjoy in the attack when the ball moves to their side of the pitch. In defence the structure enables the team to defend from the front using the three forward players to quickly pressurise the opposition to deny time and space. In addition the structure will help wide forwards learn how to support midfield players and wide defenders when the ball is played behind them.



DELIVERING GAMEDAY *cont...*

WHAT A TYPICAL SATURDAY MORNING LOOKS LIKE FOR THE McDONALD'S MINI FOOTBALLER

McDonald's Mini Football sees the introduction of home and away fixtures for clubs.

Why?

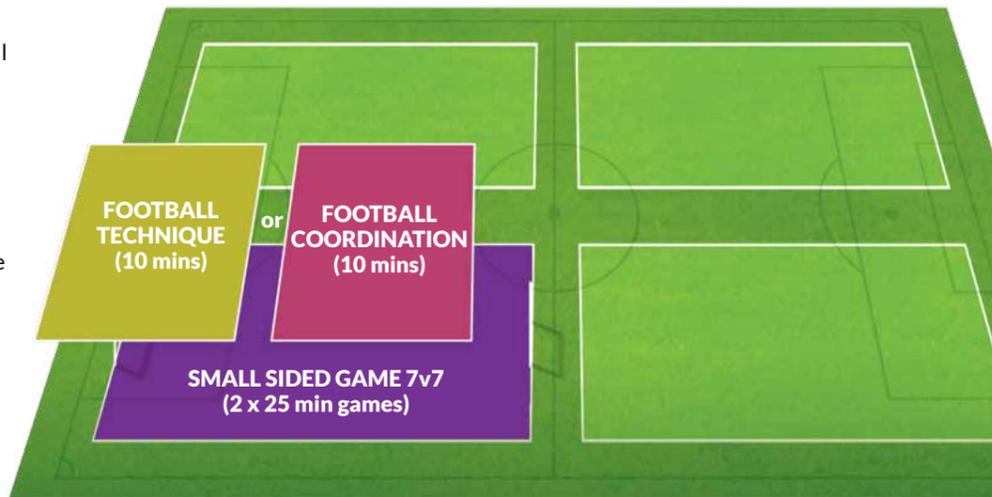
- There is less chance of a scoreline blow-out with shorter games, so confidence and motivation are increased.
- More emphasis can be placed on development as opposed to winning, particularly if teams play each other twice. This can promote more positive and attacking football rather than negative football in order to protect a winning result.
- Coaches have more opportunity to change teams around and try players in different positions across two games.
- With players playing two shorter games, they should be less focused on winning and much quicker to move on from a negative result.

Option A: Playing 2 Small Sided Games within 1 game day (optimal)

Option B: Playing 1 Small Sided Game within 1 game day

7v7

- 10 minute station activity (Football Coordination or Football Technique)
- 25 minute game
- 5 minute rest/changeover period
- 25 minute game (against the same opposition or a different team)



7v7

- 10 minute station activity (Football Coordination or Technique)
- 25 minute half
- 5 minute half time
- 25 minute half



9v9

- 10 minute station activity (Football Coordination or Football Technique)
- 30 minute game
- 5 minute rest/changeover period
- 30 minute game (against the same opposition or a different team)

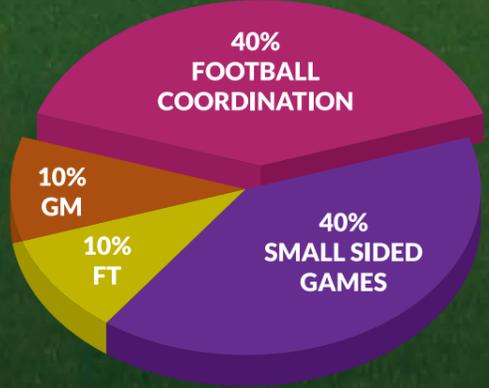
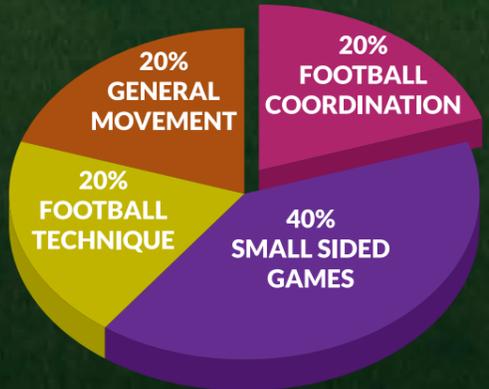
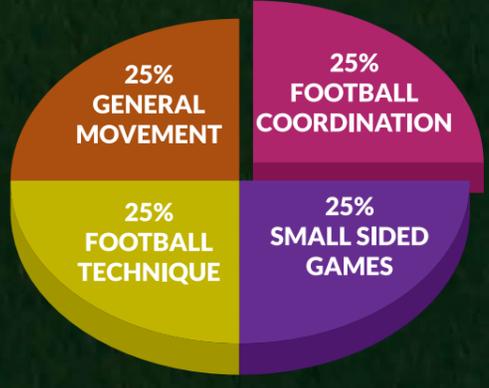


9v9

- 10 minute station activity (Football Coordination or Technique)
- 30 minute half
- 5 minute half time
- 30 minute half



JUNIOR FRAMEWORK SUMMARY

DEVELOPMENT STAGE	AGE	PLAYING FORMAT	GAME TIME	OBJECTIVE	RECOMMENDED TRAINING MODEL	TRAINING FOCUS
 <p>FOOTBALL SPECIFIC BASIC TRAINING 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>TEAM-BASED TRAINING</p>	
	9-10 YEARS	5v5* 7v7 (with GKs)	2x 25mins			
<i>*Refers to Girls Only Framework</i>						
 <p>PLAYFUL TECHNICAL TRAINING 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>STATION ROTATION</p>	
 <p>FUNDAMENTALS 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>STATION ROTATION</p>	

Editorial staff: New Zealand Football Development Department.

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NEW ZEALAND
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JUNIORS

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



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