

FIRST KICKS For 4-6 year olds



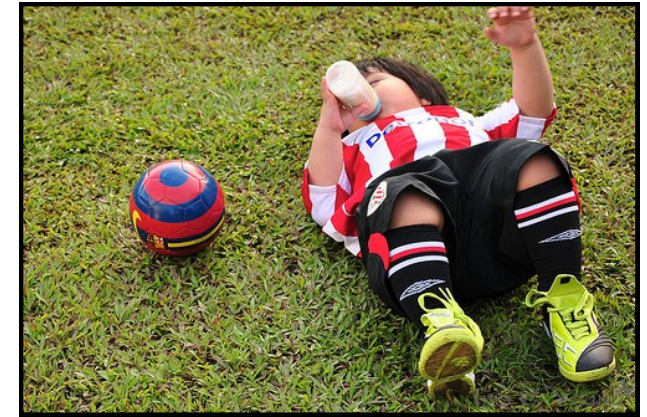
Initiation and discovery of Football

- Playful and versatile movements with the ball
- Getting to know the basic rules of the game
- Stimulate mind through variation and fun
- Safe, fun environment with room for individual needs

Hutt Park, Seaview, Saturday mornings 9—10am

Fine — Outdoors on Hutt Park.

Wet — Indoors at Hutt Indoor Sport.



**Bring boots, shin pads,
trainers, drink bottle,
Mum and Dad.**

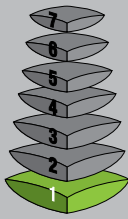
Cost \$70 for the season

Contact Mel on 027 470 6493 or
firstkicks@stopout.org.nz for more info.

Account details for payment:
Stop Out Sports Club 01-0530-009534 03
Incl name and First Kicks as reference.

Part 7 1. ASB First Kicks (4-6 yrs)

FUNdamentals, falling in love with football - Initiating

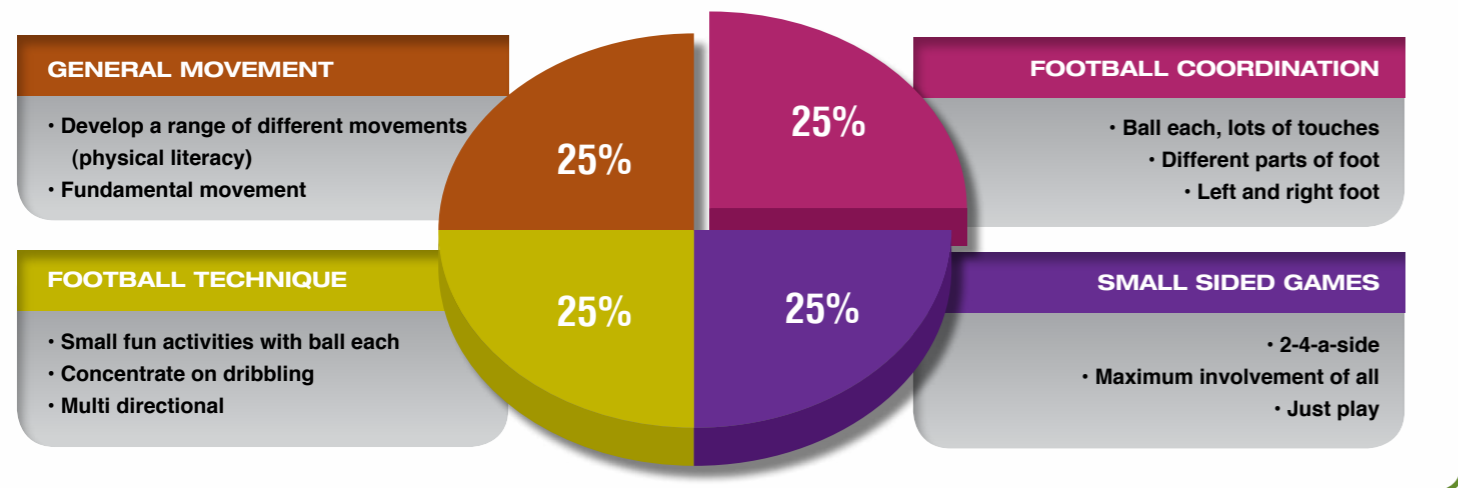


Where is the Focus

| | | |
|--|-----------------------------|--|
| | Technical / Tactical | Discover the ball |
| | Physical | Simple movement and coordination |
| | Social / Emotional | Encourage the individual to explore and try new things |
| | Mental | Stimulate the mind through variation and fun |



Focus for Training - where we spend most of our training time



Training the FIRST KICKS Player - Station Rotation

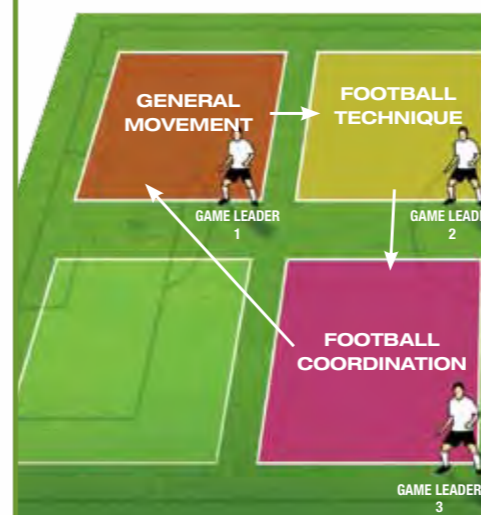


Game Day for the FIRST KICKS Player

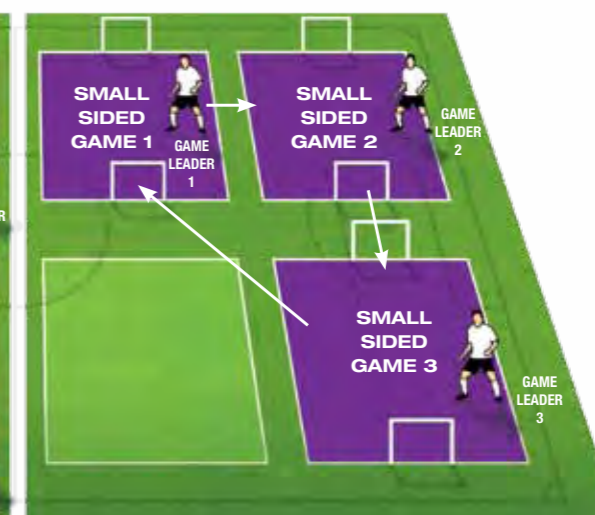
| | |
|-----------------------------|----------------------------|
| Format | 3v3 or 4v4 |
| Minimum field size | 20 x 15 meters |
| Maximum field size | 30 x 20 meters |
| Minimum goal size | 1.5 x 0.90 meters |
| Maximum goal size | 2 x 1 metres |
| Ball Size | 3 |
| Contact time | 45-60 minutes |
| Contact frequency | 2 x per week inc. Game day |
| Max. Mini Pitches per field | 8 |
| No league just play | |



Activity Stations



Small Sided Games



- Split players in to the relevant number of groups (based on the number 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

Other programmes available at this age group

Fun Football Centre – Football tots / Holiday Programme

Guiding Principles for Game Leaders

- 1 Fun games with lots of activity
- 2 Safe, risk free sessions
- 3 One ball per player
- 4 Short fun games with regular changes

