



Noahs Ark

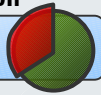
Age Group

U5 to U11



Stage of Session

End



Category

1 v 1



Duration

10 Minutes



Description

Line players up into two teams. Give each player on a team an animal name. Give the players on the other team matching animal names. Set up a goal at the other end of the area. Call the animal names and throw in two balls. Each player gets a ball and shoots it into the goal. Players must pay attention, you could be next.

Objectives

- Control the ball
- Shooting
- Advanced passing, ball and scoring skills

Variations

- Use only one ball and pass to each other before shooting.
- Use only one ball and coach acts as a defender to get them to pass the ball.
- Shoot ball in front of a 3m mark or behind a 3m mark.
- Place hurdles in front of goal as defenders that need to be avoided. These can be used to force players to use the less skilled foot.
- Call two sets of animals. One set scores in yellow goal the other scores in the blue goal.
- Call "Noah's Ark" and throw in all the balls. Everyone kick a ball, score and then get on the ark.

Further development

- Call two sets of animal names blue team v yellow team
- Use one ball. One team scores in the far goal and the other at the close goal. Use two 2.5m goals. (DYFP '25. The challenge' p52)

Coaches notes

Ask the players that if they both score a goal with their less skilled foot the coach will run to the end of the field and back.
The players can look at the other player and decide if it is better to dribble closer or to shoot straight away.

