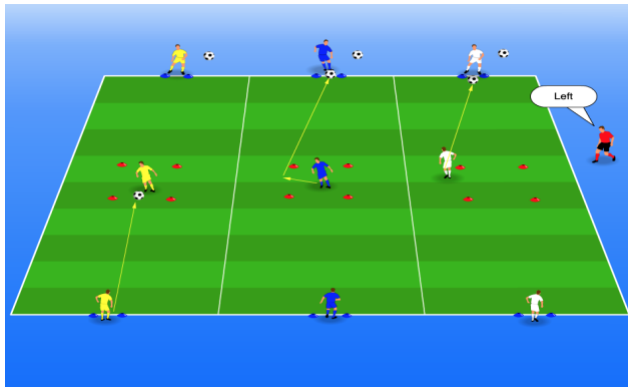# REBOOTING FOOTBALL

AIS Level B Guidelines: Small groups (no more than 10 athletes/staff in total); 1.5m social distancing; activities must be non-contact


Alec Wilson | Football South Australia

Activity #1: First touch grid

- Create 3 groups of three; 2m x 2m grid in the middle
- Player on end passes to middle player who takes first-touch sidewards out of the grid and pass it back with second touch

Progressions/variations:

- Receive from bottom player and return pass to top player
- Coach to add challenge: "left", "right", "return pass," etc
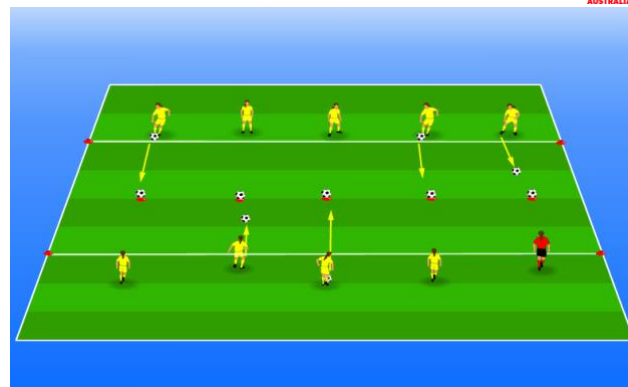
Northern NSW Football

Activity #2: 'Football Marbles'

- Place balls on top of cones in the middle of a small area
- Players will stand on outside of the area 1.5m apart each other attempting to knock the balls off the cones with a pass
- Time how long it takes for a team to knock all balls off the cones and attempt to lower time in the next sequence
- Cater for all players by increasing or decreasing distance from the ball as long as there is at least 1.5m spaces
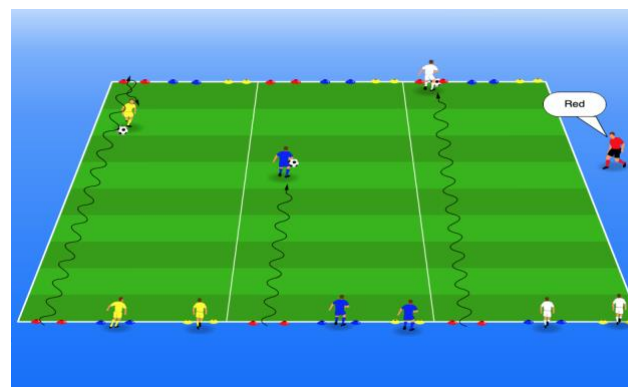
John Tambouras | Football Northern Territory

Activity #3: Relays with the ball

- Create 3 teams of three; 1.5m apart as illustrated
- Each player has their own **racing lane**: red, blue, yellow
- Coach calls out a colour & race commences to top and back
- 3 points for 1st; 2 points for 2nd; 1 point for 3rd

Progressions/variations:

- Team relays: red, blue then yellow; 1st team to finish wins
- Left foot only, right foot only, roll ball with soles of feet, etc
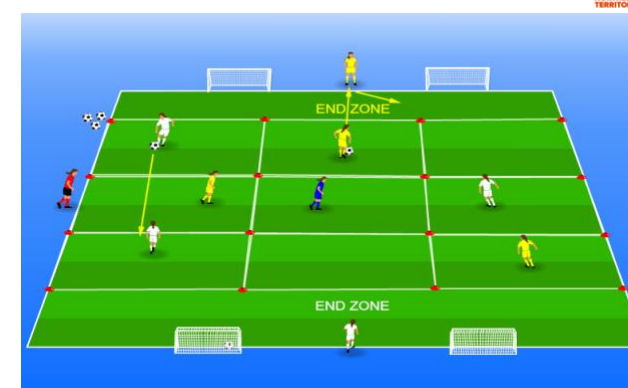
Garry Church | Football West

Activity #4: Through the lines

- Split players into two teams with one neutral player
- Teams will combine to play ball through the lines to find end-player. Once found, one player receives a return pass in the attacking end-zone to score in mini-goals
- Only one player can be in each area as shown and players must find another free area once they have passed the ball
- First team to score all their balls in mini-goals wins
- Cater for all players by increasing or decreasing distances between players as long as there is at least 1.5m spaces