

2021

GAME CARDS



NEW ZEALAND
FOOTBALL



Junior football's
biggest supporter

HOW TO USE THE McDONALD'S JUNIOR FOOTBALL GAME CARDS

Our goal is to enthuse young players so they fall in love with our sport and stay in it for life. To help achieve this, the McDonald's Junior Football Game Cards offers volunteer coaches fun games for 4-12 year olds, each focusing on a particular technical outcome.

WEEK 1 | DRIBBLING

WEEK 2 | 1V1s

WEEK 3 | PASSING

WEEK 4 | SHOOTING

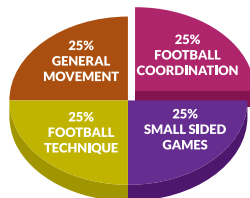
WEEK 5 | BALL CONTROL

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

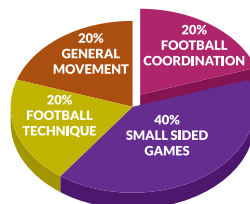
- S Safe.** Check that the playing area, playing and coaching equipment is safe and know your emergency procedures
- M Maximum Participation.** Try to ensure that all players are engaged in the activities provided
- I Inclusive.** Think of ways to adapt the games and activities to allow any child to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



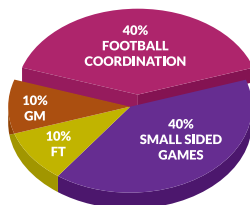
4-6 YEARS

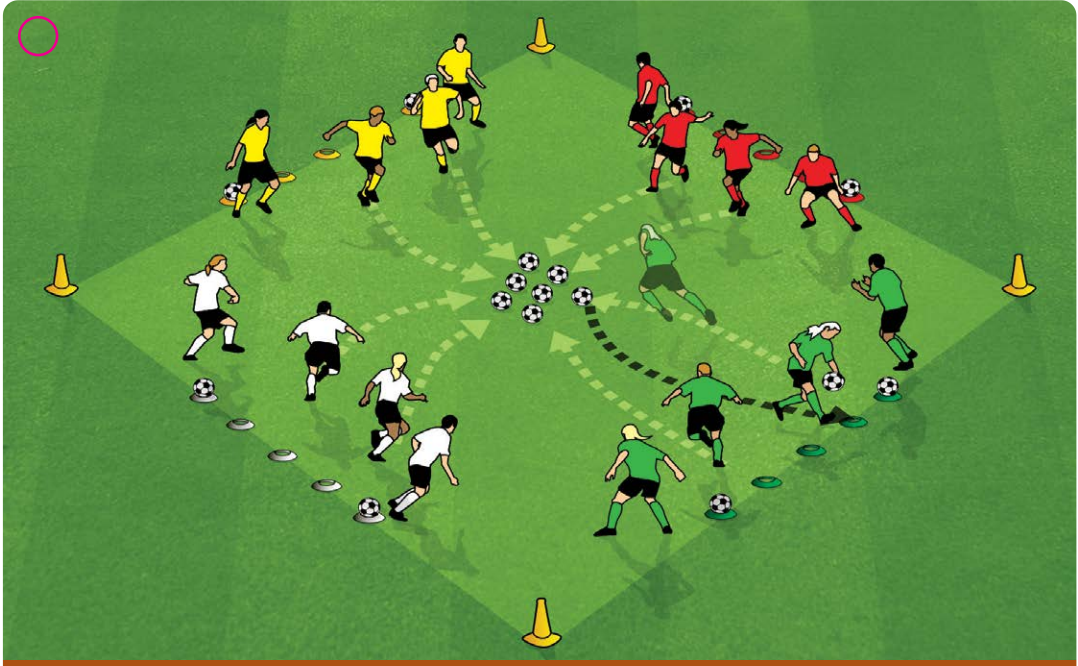


7-8 YEARS



9-12 YEARS





SURVIVAL

WEEK 1: DRIBBLING | GENERAL MOVEMENT

SETUP

1. Set up area 30x30m with 5 cones on each of the side lines. Modify area depending on the age and number of players.
2. Divide the group into four teams, with each team nominating players as their "base defenders".
3. Place 2 footballs on two cones on each of the end lines.
4. Place 4-8 more balls in the centre of the square.

HOW TO PLAY

1. On the coaches call the game begins. All players must collect as many footballs from the centre as possible

and return them to a cone at their base (individual players are allowed to take one ball at a time).

2. Once all the balls are gone from the centre then players are allowed to steal from other bases, without being tagged by a base defender.
3. Play 2 minutes games to see who has the most football or race to the first team to fill all 5 cones.

▲ STEP UP

Players can dribble the ball back to home base

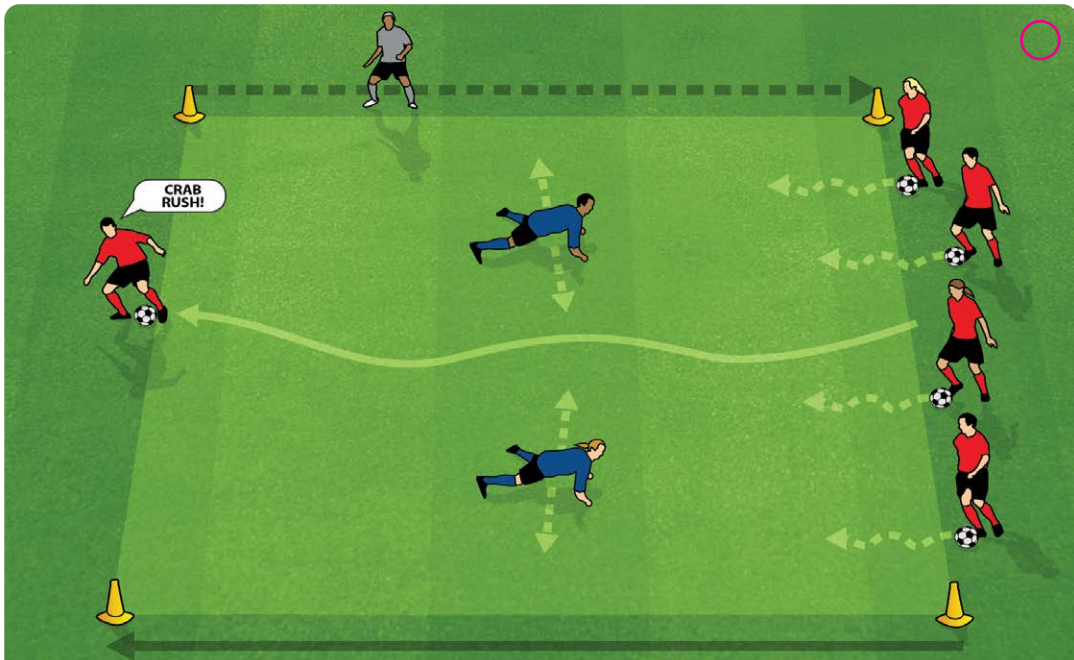
▼ STEP DOWN

Players can pass the ball back to teammates at home base

OUTCOMES

- Dodging, weaving, stepping
- Awareness of space
- Dribbling and passing
- Awareness of passing angles
- Awareness of roles and responsibilities (defense/attack)

Check out FIT4FOOTBALL.CO.NZ for additional warm up games that support player development



CRAB RUSH

WEEK 1: DRIBBLING | FOOTBALL TECHNIQUE

SETUP

1. Area of up to 20mx20m.
2. 2 defenders (Crabs) start in the middle of the area without a ball.
3. All other players (Bait Fish) start at one end of the area with a ball.

HOW TO PLAY

1. The game begins with one Bait Fish trying to dribble their ball to the opposite end without being tackled by a Crab, all other Bait Fish wait for their turn.
2. If the first Bait Fish makes it to the opposite end, they yell "Crab Rush". This is a signal for all the other Bait Fish to dribble their ball to the other end while trying to avoid the Crabs.

3. Crabs play on their hands and feet like a crab with their back towards the ground
4. If a Crab wins a Bait Fish's ball, the Bait Fish joins the Crabs and they choose another Bait Fish.
5. Once all remaining players reach the opposite end, play starts again in the opposite direction and the game continues this way until only one Bait Fish is left with their ball
6. Choose two new Crabs at the re-start of each game

▲ STEP UP

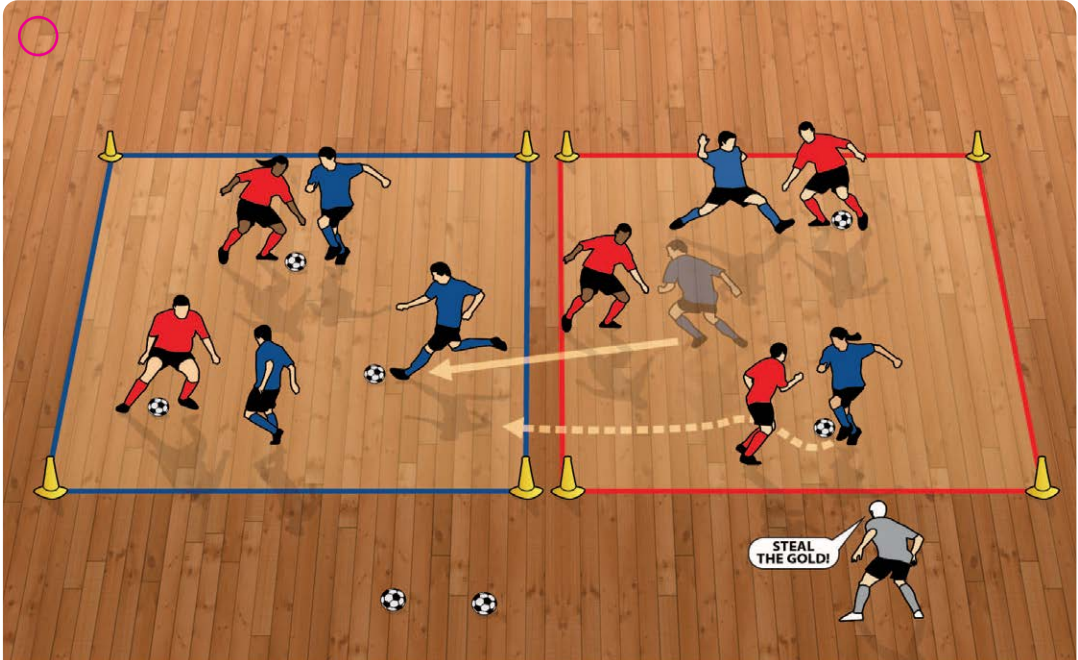
Increase the number of Crabs.
Allow Crabs to play on their feet.

▼ STEP DOWN

Introduce safe zones where Bait Fish cannot be tackled
Call more than one Bait Fish at the start of each round

OUTCOMES

- Moving the body and ball to beat defender
- Acceleration and deceleration with the ball
- Awareness of space
- Dribbling at a defender



PIRATES

WEEK 1: DRIBBLING | FOOTBALL COORDINATION

SETUP

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

HOW TO PLAY

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

▲ STEP UP

Increase the distance between the Islands

▼ STEP DOWN

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

OUTCOMES

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



REBEL ATTACK

WEEK 1: DRIBBLING | SMALL SIDED GAMES

SETUP

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

HOW TO PLAY

1. When the Coach says "Use the Force", the Jedis attack the Storm Trooper's goal.
2. If a player's ball goes off the pitch (or a goal is scored), they leave it and join in with another attack.

3. If the Stormtroopers win a ball they can attack the Jedi goal.
4. Play continues until there is only 1 ball left on the pitch. The game then becomes a normal match.
5. Play for 5 minutes, until resetting to the original set up but Stormtroopers have the ball.

▲ STEP UP

Continue with a ball each, until a goal is scored

▼ STEP DOWN

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

OUTCOMES

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



ROBOCOACH

WEEK 2: SHOOTING | GENERAL MOVEMENT

SETUP

1. Area of up to 20x20m. Modify area depending on the number and age of players.
2. Players have a ball each.
3. Cones placed randomly around the area.

HOW TO PLAY

1. Coach acts as a robot trying to take over the world. Coach aims to take over the world by picking up all of the cones in the area.

2. Players dribble round and try to kick their ball against the coaches leg.
3. The coach loses a body part each time they get hit.
 - First time they are hit they lose a arm
 - Second time they are hit they lose the other arm
 - Third time they are hit they lose a leg
 - Fourth time they are hit they are destroyed and the players save the world

▲ STEP UP

Players must score with their weak foot

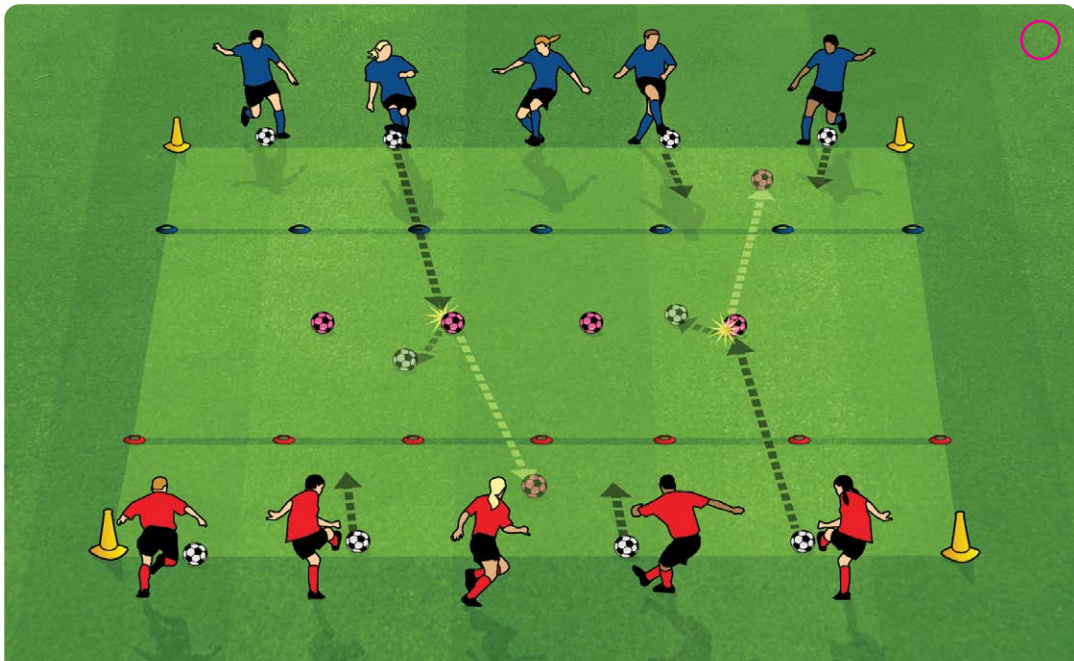
▼ STEP DOWN

Coach must walk

OUTCOMES

- Close control when dribbling
- Accuracy of passing and shooting
- Vision and awareness

Check out FIT4FOOTBALL.CO.NZ for additional warm up games that support player development



PINBALL

WEEK 2: SHOOTING | FOOTBALL TECHNIQUE

SETUP

1. Area of up to 25x12m. Modify area depending on the number and age of players.
2. Divide the players into 2 teams and bib accordingly.
3. Have 4 balls of different colour to other balls as pinballs. Pinballs are placed in the middle of the playing area.
4. Each player has a ball each.

HOW TO PLAY

1. Each team has to kick their footballs from their line to hit the pinballs so they travel over the opposition line.
2. Teams receive a point for every pin ball that they get over the oppositions line.
3. Players are not allowed to stop the pin balls with their feet.
4. Players can only enter the central area to retrieve footballs to dribble back to their line.
5. Reset to the middle, if the pin balls go out of the grid.
6. Play for 2 minutes and see who got the most points.

▲ STEP UP

Remove pinball

▼ STEP DOWN

Bring the teams closer together

OUTCOMES

- Passing accuracy
- Receiving and control
- Teamwork
- Verbal communication



2 v 1

WEEK 2: SHOOTING | FOOTBALL COORDINATION

SETUP

1. Area of up to 30x20m. Modify area depending on the age and number of players.
2. Set up 5 cones and one goal as shown in diagram.
3. Divide the players into 2 teams and bib accordingly.
4. All footballs are placed by the coach.
5. Blue team line up at cones A & B.
Red team line up at cones C & D.

HOW TO PLAY

1. When coach shouts "Go", one Blue player runs from Cone A and 1 from Cone B (as shown in diagram). Coach then passes a ball to the two attackers.

2. As the blue attackers run around the cone a red defender can come out and try to win the ball.
3. Blue team have 10 seconds to score in the goal.
4. If defender wins possession of the ball they attempt to pass it back to the coach.
5. Change over defending and attacking teams.

▲ STEP UP

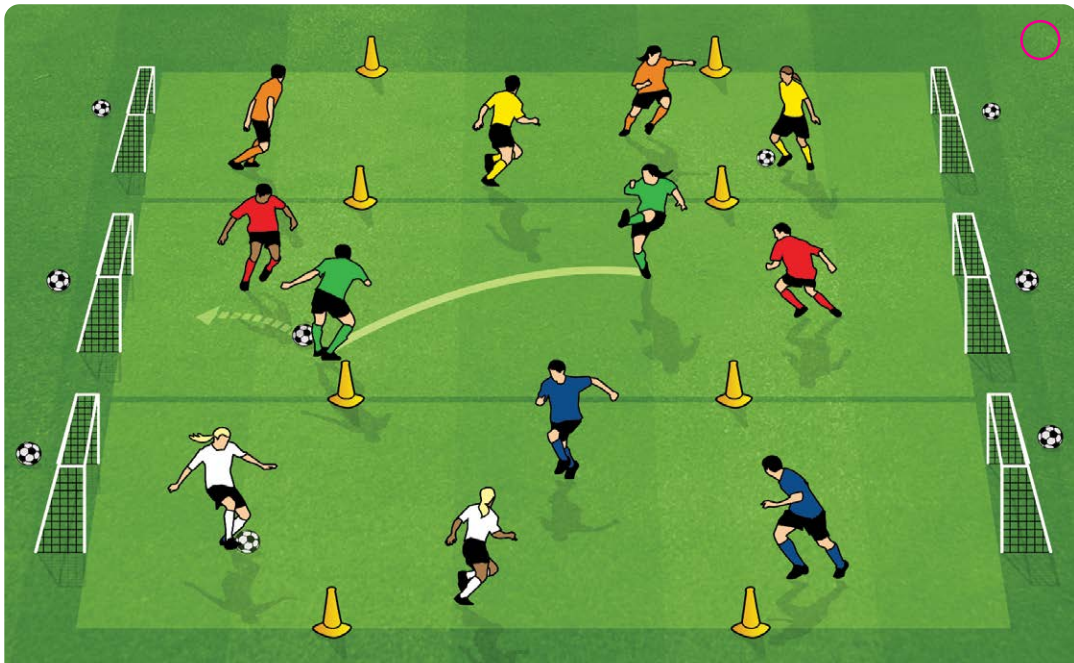
Introduce a second defender

▼ STEP DOWN

Coach passes two balls and the attackers try to score first

OUTCOMES

- Awareness and vision of the supporting players
- Movement to support player in possession
- Decision making – when to pass / when to shoot
- Passing weight and accuracy
- Receiving a pass to shoot



STREET FOOTBALL

WEEK 2: SHOOTING | SMALL SIDED GAMES

SETUP

1. Group players into pairs.
2. Each area to be 10 - 15m long x 6 - 8m wide. Modify area depending on the age and number of players.
3. Goals at the end of the each area – use smaller goals if possible.

HOW TO PLAY

1. Teams play 2v2 competitive games against each other. Game duration of no more than 2 minutes.
2. The player closest to their team's goal can become the GK but can not use their hands.

3. Ball can be dribbled or passed in from the restart.
4. After a team scores, both players must retreat to halfway for game to restart.
5. At the end of each game one team from each pitch moves to the next pitch and plays against a different opposition.

▲ STEP UP

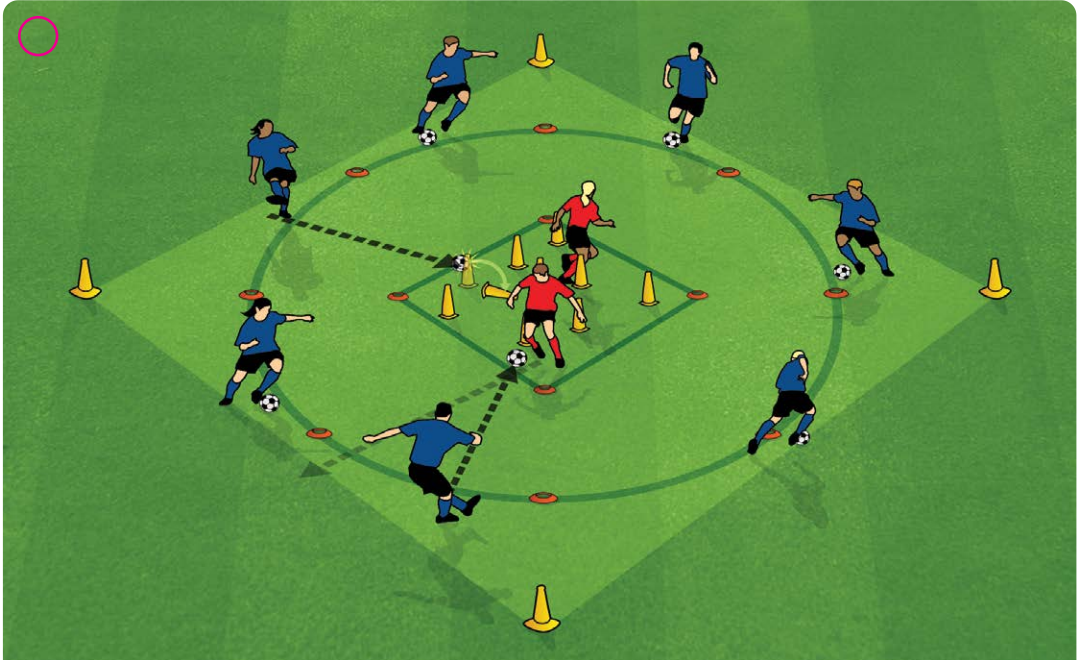
Teams can only score in attacking third

▼ STEP DOWN

GK can use their hands

OUTCOMES

- Dribbling 1v1s
- Decision making – when to pass / shoot / dribble
- Defending and tackling
- Communication



BOWLING BALL

WEEK 3: PASSING | GENERAL MOVEMENT

SETUP

1. Circular area of up to 25m, with a 5x5m square in the middle. Modify area depending on the age and number of players.
2. Blues on the outside with a football (bowling ball) each.
3. 2 reds in the middle square.
4. Tall cones (Pins) placed in the middle square.

HOW TO PLAY

1. Blues attempt to knock the taller cones over by passing the ball into the middle area. Blues have 1 minute to knock over as many cones as possible.

2. Reds in the middle square protect the Pins by block passes. If they block a pass they pass it to the outside of the area.
3. Blues are allowed to dribble around the outside of the area before passing.
4. After one minute Blues count up how many Pins they have knocked over. Change over Red defenders.

▲ STEP UP

Have the ball between two on the outside and they must pass to each other before knocking down pins

▼ STEP DOWN

Remove defenders

OUTCOMES

- Dribbling with close control
- Shooting – power and accuracy
- Vision and awareness of defenders

Check out FIT4FOOTBALL.CO.NZ for additional warm up games that support player development



MOSQUITO

WEEK 3: PASSING | FOOTBALL TECHNIQUE

SETUP

1. Area of up to 20x20m. Modify area depending on the number and age of players.
2. Two players have a ball each (Mosquitoes).
3. Extra footballs around the area to restart match.

HOW TO PLAY

1. Two "Mosquitoes" players try and bite players by hitting players below the knee with a football.
2. Mosquitoes can dribble with the football.
3. Once hit below the knee the bitten player becomes a Mosquito and must retrieve a football from the side line. They then re-join the game and try and infect other players.
4. Play 1-2 minutes rounds to see how many players they can bite.
5. Players without a ball need to avoid being bitten by running, dodging and evading the "Mosquito's" footballs.

▲ STEP UP

Reduce the size of the area

▼ STEP DOWN

Dodging players must walk

OUTCOMES

- Awareness and vision of the players around
- Agility and coordination
- Dribbling skills
- Passing



LION KING

WEEK 3: PASSING | FOOTBALL COORDINATION

SETUP

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

HOW TO PLAY

1. Both teams begin by passing to each other.
2. When the coach calls out a number, that player from Team Lion becomes “Simba” and that player from Team

Hyenas become “Scar”. Simba and Scar have 20 seconds to go into the opposite teams half and win the ball back.

3. Team is awarded points if Simba or Scar:
 - Touch the opposition ball = 1 point
 - Dribble the ball to their own area = 2 points
 - Pass the ball back to their own area = 3 points

▲ STEP UP

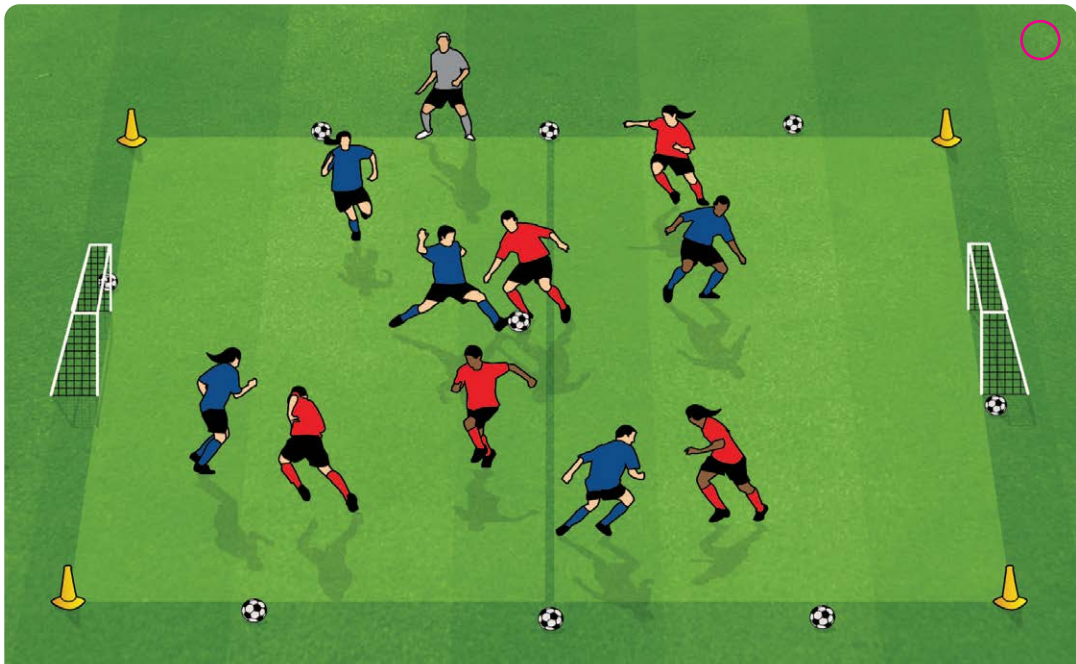
Send two players in to win the ball

▼ STEP DOWN

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

OUTCOMES

- Passing accuracy
- Passing speed
- Timing of pass
- Passing in front of your team mate or to their feet



PASS MASTER

WEEK 3: PASSING | SMALL SIDED GAMES

SETUP

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

HOW TO PLAY

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

▲ STEP UP

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

▼ STEP DOWN

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

OUTCOMES

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



DRAG RACING

WEEK 4: 1v1 | GENERAL MOVEMENT

SETUP

1. Set up area 20x20m with two rows of cones down the centre. Modify area depending on the age and number of players.
2. Divide the group into two even teams, each player with the ball and standing in in their teams by a cone.
3. Number each paired players on each team.

HOW TO PLAY

1. On the coaches call, that number must run up the outside of their team and then race down the drag strip around the last player and then back to their cone.
2. Players must go up the outside and then down the drag strip.
3. Players carry their footballs whilst running.

▲ STEP UP

Players must dribble the ball

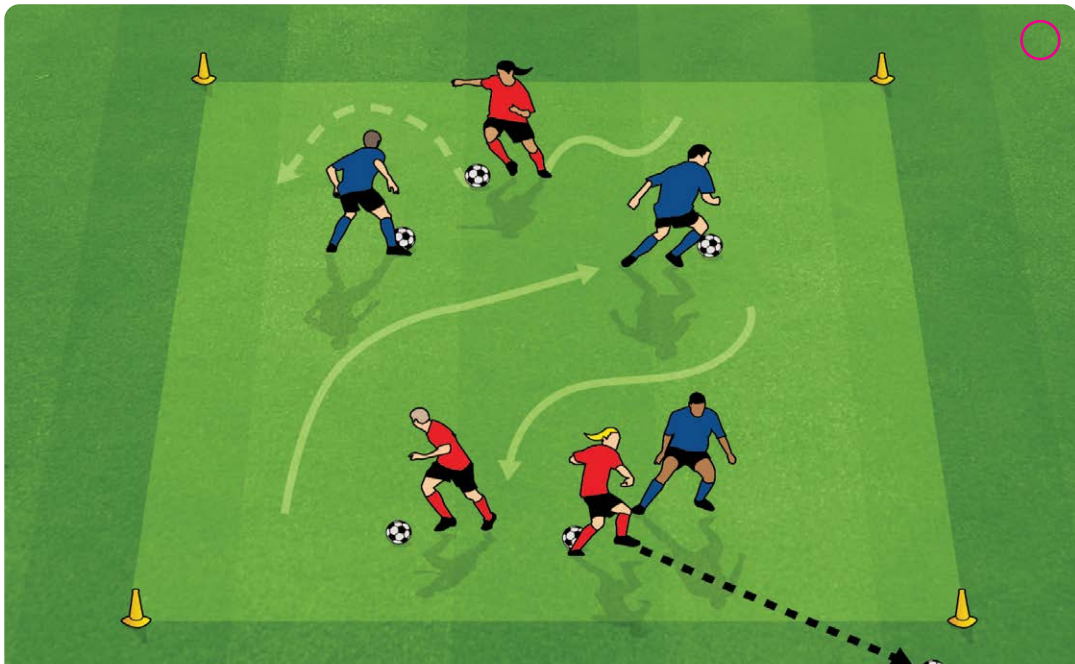
▼ STEP DOWN

Coach calls two numbers at a time

OUTCOMES

- Accelerating and turning
- Dribbling
- Ball manipulation

Check out FIT4FOOTBALL.CO.NZ for additional warm up games that support player development



KNOCK OUT

WEEK 4: 1v1 | FOOTBALL TECHNIQUE

SETUP

1. Area of up to 20x20m.
2. Each player has a football each.
3. All players begin inside the area.

HOW TO PLAY

1. Players attempt to keep their football inside the area.
2. At the same time players also have to try and kick other people's football out of the area.

3. If a player has their ball kicked out of the area, they must retrieve it and dribble around 2 sides of the area before re-entering.
4. At the end of 60 seconds, the remaining people inside the area are the winners.

▲ STEP UP

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

▼ STEP DOWN

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

OUTCOMES

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



NUMBERS

WEEK 4: 1v1 | FOOTBALL COORDINATION

SETUP

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

HOW TO PLAY

1. Coach passes a ball into the middle of the pitch and calls a number.
2. The player of that number from each team runs out to the middle and attempts to score in the opposition goal.

3. Play continues until a goal is scored or the ball goes out of play.
4. Coach then calls another number and passes another ball onto the pitch.

▲ STEP UP

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

▼ STEP DOWN

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

OUTCOMES

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



BATTLE

WEEK 4: 1v1 | SMALL SIDED GAMES

SETUP

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

HOW TO PLAY

1. Teams play in a regular small sided game, aiming to score in the opponents goal.

2. As well as the overall team score, players can have a 1v1 battle against their opposing player (of the same number). If they are able to dribble passed their opponent, they score 1 point for their individual battle.

▲ STEP UP

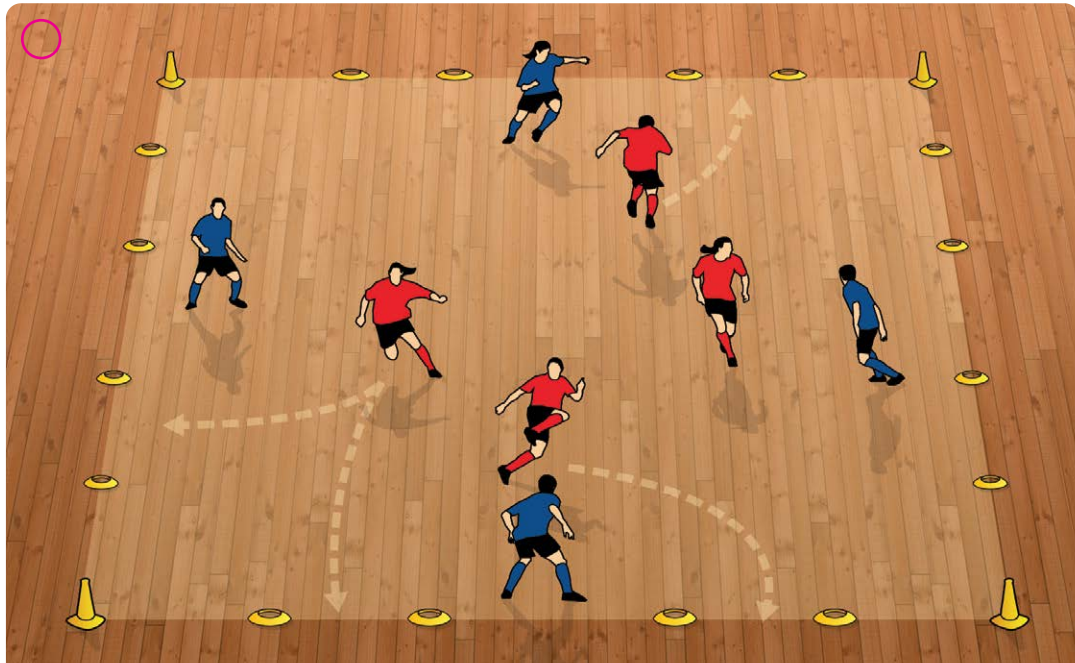
Players receive 3 points if they dribble passed 2 players

▼ STEP DOWN

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

OUTCOMES

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



ZOO ESCAPE

WEEK 5: BALL CONTROL | GENERAL MOVEMENT

SETUP

1. Area of up to 20x20m. This is the "Zoo".
2. Set up 8 "Zoo Gates", 2 on every side of the "Zoo".
3. 4 players bibbed and stood in front of "Zoo Gates". These are the "Zookeepers".
4. Rest of players inside the "Zoo". These are the "Animals".

HOW TO PLAY

1. Animals move around the area, with Zookeepers looking after a pair of gates.

2. When coach shouts "Zoo Escape", animals aim to break out through unguarded gates.
3. Zookeepers stop animals escaping by tagging them.
4. If animals escape they score 1 point and then re-enter to start again.

▲ STEP UP

"Animals" have to dribble a football

▼ STEP DOWN

"Zookeepers" must dribble a football

OUTCOMES

- Dodging and weaving
- Acceleration and deceleration
- Dribbling at a defender

Check out FIT4FOOTBALL.CO.NZ for additional warm up games that support player development



ROB THE NEST

WEEK 5: BALL CONTROL | FOOTBALL TECHNIQUE

SETUP

1. Area of up to 30x30m.
2. Each area border to have 5 cones in a line. These are the team nests.
3. 4 teams of "Cuckoos", with each team nominating a "Nest Defender".
4. Lots of footballs in the middle of the area. These are the "Eggs".

HOW TO PLAY

1. On the coaches call, all Cuckoos must collect as many "Eggs" from the centre and place them on a cone at their "Nest" (One Egg per Cuckoo).

2. Once "Eggs" are gone from the centre, Cuckoos are allowed to steal from other "Nests", without being tagged by a Nest Defender.
3. If Cuckoo is tagged, they must return to their Nest before trying again.
4. Play for 1 minute and see who has the most Eggs in their nest.

▲ STEP UP

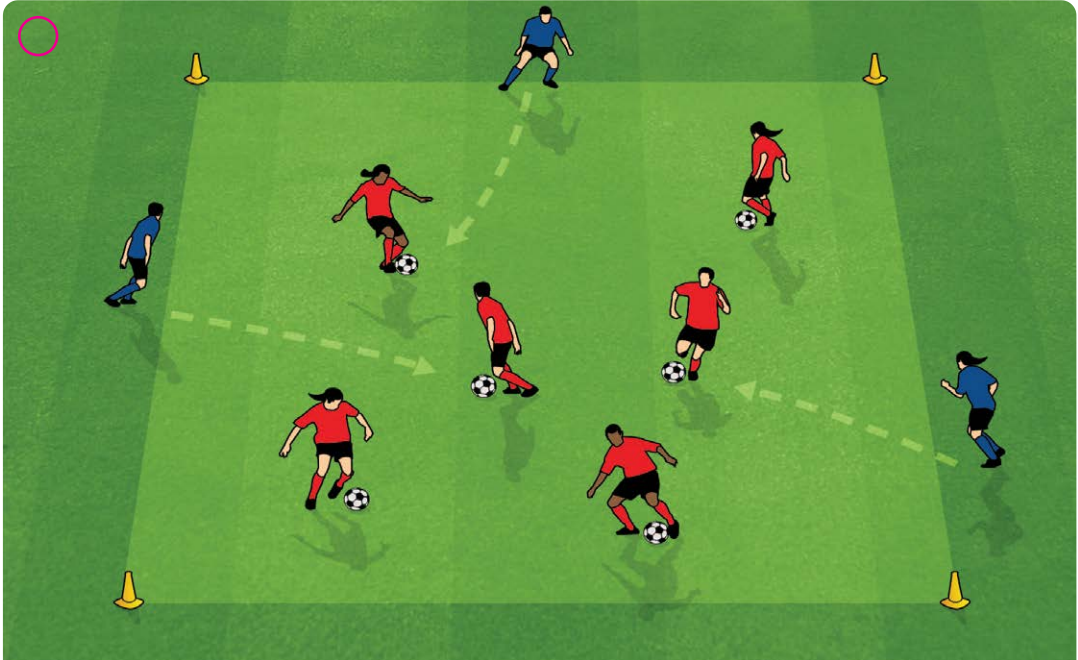
Cuckoos must dribble their Eggs back to the Nest

▼ STEP DOWN

Remove the Nest Defenders

OUTCOMES

- Dodging, weaving, stepping
- Dodging and weaving
- Acceleration and deceleration
- Dribbling



RUNAWAY TRUCKS

WEEK 5: BALL CONTROL | FOOTBALL COORDINATION

SETUP

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

HOW TO PLAY

1. Players dribble the ball around the area, reacting to Coaches' commands:
 - "Green Light" – Player begins to move
 - "Red Light" – Player stops

2. When coach shouts "Runaway Trucks", bibbed players enter the area and try to kick the car's engines off the road.
 - "U-Turn" – Player performs turn to face opposite way
 - "Somebody's in the way!" – Players make beeping noise

▲ STEP UP

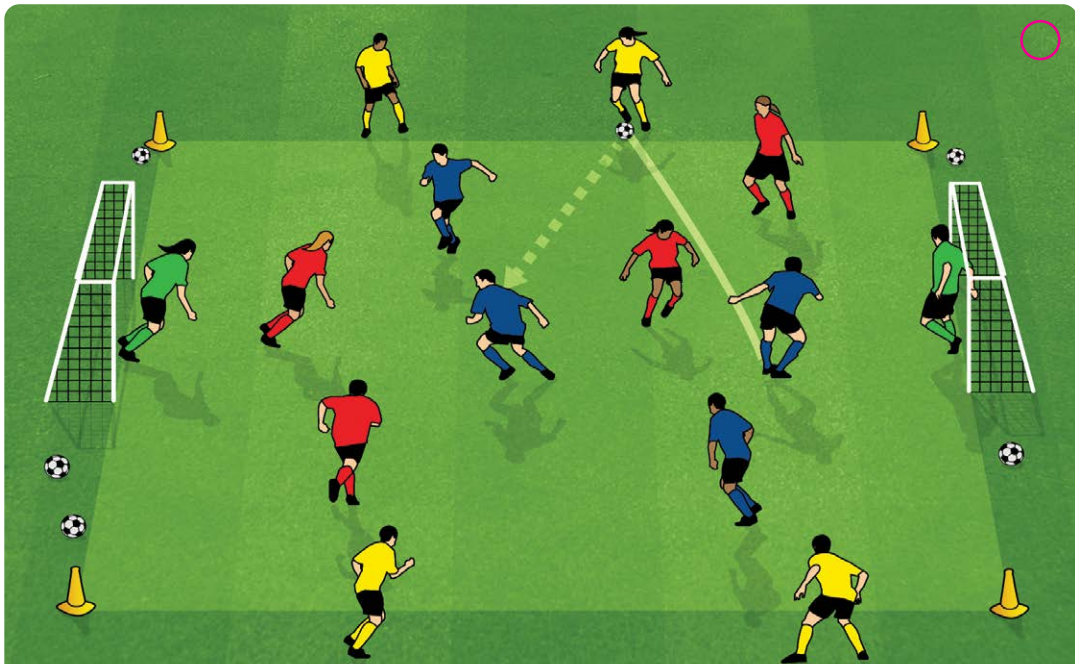
Increase the number of Bee Keepers

▼ STEP DOWN

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

OUTCOMES

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



SUPPORTERS

WEEK 5: BALL CONTROL | SMALL SIDED GAMES

SETUP

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

HOW TO PLAY

- Teams take part in a regular small sided game.
- "Supporters" play for the team in possession.
- "Supporters" can not be tackled and must remain on the outside of the pitch.

▲ STEP UP

"Supporters" can be tackled by players from the inside

▼ STEP DOWN

- 2 "Supporters" can play inside the pitch

OUTCOMES

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



11+ KIDS

A PROGRAMME TO IMPROVE FUNDAMENTAL MOVEMENT SKILLS FOR FOOTBALL PERFORMANCE

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

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

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

A FUN WAY TO
ENHANCE
PERFORMANCE
AND REDUCE
INJURIES FOR
KIDS

VISIT FIT4FOOTBALL.CO.NZ
TO FIND MORE ABOUT THE
11+ KIDS PROGRAMME



ACC
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11+ KIDS WARM UP EXAMPLES

PLANK

TUNNEL BALL



2x GAMES
8x ROLLS

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

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

COACHING TIPS

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

SINGLE LEG STANCE

THREAD THE NEEDLE



5x THROWS PER LEG

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

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

COACHING TIPS

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

SPIDERMAN

CRAWLING



5-10 METRE CRAWLS
3x GAMES

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

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

COACHING TIPS

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

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TO FIND MORE ABOUT THE
11+ KIDS PROGRAMME



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