



McDONALD'S
JUNIOR FOOTBALL
KICK STARTING DREAMS

2019
GAME
CARDS

NEW ZEALAND
FOOTBALL
JUNIORS
OFFICIAL
COMMERCIAL PARTNER





HOW TO USE THE McDONALD'S JUNIOR FOOTBALL GAME CARDS

Our goal is to entuse 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 | SHOOTING

WEEK 3 | BALL CONTROL

WEEK 4 | 1V1s

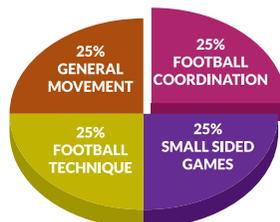
WEEK 5 | PASSING

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



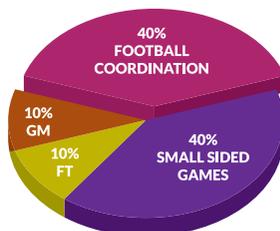
4-6 YEARS



7-8 YEARS



9-12 YEARS





ROSIE WHITE

WEEK 1 DRIBBLING GENERAL MOVEMENT



ZOO ESCAPE

SET UP

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

- Animals move around the area, with Zookeepers looking after a pair of gates
- When coach shouts "Zoo Escape", animals aim to break out through unguarded gates
- Zookeepers stop animals escaping by tagging them
- 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

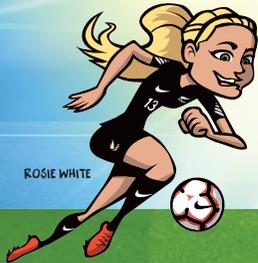
OUTCOMES

- Dodging & weaving
- Acceleration and Deceleration
- Dribbling at a defender



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





ROSIE WHITE

WEEK 1 DRIBBLING FOOTBALL TECHNIQUE



MASTERCHEF

SET UP

1. Set up area 20x20m
2. Place a circle of cones in the middle of the area. This is the cooking pot.
3. 3m squares are placed in each corner of the area. These are the ingredients: "Tomatoes", "Cheese", "Spaghetti" and "Veges"
4. One player stands next to the coach out side of the area. This is the Masterchef
5. All other players begin inside the cooking pot, with a ball each

HOW TO PLAY

- The Masterchef stands with the coach facing away from the game
- Masterchef shouts "Start cooking". Players have 10 seconds to dribble to one of the Ingredient Squares
- Masterchef then calls out an ingredient. The players that are stood in that ingredient square are out of the game. They put a bib on and continue but are unable to win
- Masterchef shouts "Start Cooking" and players must dribble through the cooking pot before visiting another square
- The game is repeated until 1 player remains without a bib. This player wins and becomes the Masterchef

STEP UP

Players must perform a trick when dribbling

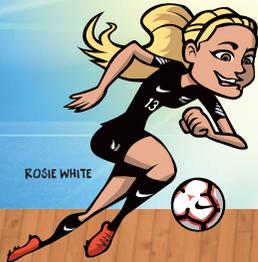
STEP DOWN

Players have longer to dribble to another square (eg - 12 seconds)

OUTCOMES

- Dribbling
- Awareness of surroundings
- Fundamental movements





ROSIE WHITE

WEEK 1 DRIBBLING FOOTBALL COORDINATION



FROZEN

SET UP

1. Set up area 20x20m.
2. Place a circle of cones in the middle of the area. This is the Palace
3. One player begins inside the Palace. This player is Elsa
4. 3-4 players begin inside the area guarding the Palace. These are the Snow Monsters
5. Remaining players begin outside of the area. These are all Olafs
6. One player on the outside is nominated as Anna

HOW TO PLAY

- Olafs attempt to free Elsa by running into the Palace, linking arms and running out of the area. If they achieve this then the game is won
- They must achieve this without being tagged by a Snowmonster
- If they are tagged, Olaf stays frozen in the area and Elsa returns back to the Palace
- Anna can come into the area and unfreeze Olaf, allowing them to join back in the game
- If Anna is tagged whilst inside the area, the game is won by the Snowmonsters

▲ STEP UP

All players to dribble a ball whilst playing

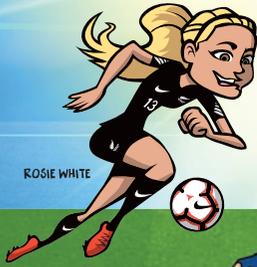
▼ STEP DOWN

Decrease the amount of snow monsters

OUTCOMES

- Dodging & Turning
- Awareness of space
- Passing
- Dribbling
- Team work





ROSIE WHITE

WEEK 1

DRIBBLING

SMALL SIDED GAME



REBEL ATTACK

SET UP

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

- When the Coach says "Use the Force", the Jedis attack the Storm Trooper's Goal
- If a player's ball goes off the pitch (or a goal is scored), they leave it and join in with another attack
- If the Stormtroopers win a ball they can attack the Jedi goal
- Play continues until there is only 1 ball left on the pitch. The game then becomes a normal match
- 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





WEEK 2

SHOOTING

GENERAL MOVEMENT



SUMMER HOLIDAY

SET UP

1. Area of up to 20x20m
2. Area borders to be set up with different colour cones and are named "Beach", "Mountains", "Bush" and "City"
3. Players in the area with a ball each. This is their luggage

HOW TO PLAY

- Players dribble the ball around the area, using both feet and trying new tricks
- When coach calls out a holiday destination, players must dribble their ball to that destination
- Players must take their luggage with them at all times
- Play then restarts with players dribbling

▲ STEP UP

Add a defender (Passport Controller) who stops players going to a particular holiday destination

▼ STEP DOWN

When holiday destination is called, players can carry ball in hands

OUTCOMES

- Dribbling with close control
- Practicing lots of different turns



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



WEEK 2 SHOOTING FOOTBALL TECHNIQUE



MOVING GOALS

SET UP

1. Area of up to 30x20m
2. 2 "Goals" in area. Goals are made of 2 players holding one end of a bib each
3. All other players have a ball each

HOW TO PLAY

- The 2 'goals' move around the area keeping a bib stretched out to maintain distance between them
- Players dribble around and try to score by kicking the ball between goal, underneath the bib. "Players follow their shot to collect the ball and continue
- 1 point for every goal. Try to score as many points as possible in 90 seconds

▲ STEP UP

Players have to take shots with alternate feet

▼ STEP DOWN

Moving goals can only move at walking speed

OUTCOMES

- Shooting Accuracy
- Shooting Power
- Timing of the shot

WEEK 2

SHOOTING

FOOTBALL COORDINATION



AVENGERS ASSEMBLE

SET UP

1. Area of up to 30x15m. With two 2x2m "Bases" at each end
2. 2 teams – Team "Captain America" & Team "Iron Man"
3. 2 nominated players become "Captain America" & "Iron Man", starting without a ball at the "Bases" at each end of area
4. All other players have a ball each inside the area

HOW TO PLAY

- When coach says "go", players try to kick their football against an opponents legs (below knee) to catch them
- If a player is caught they must stand still holding their football above their head
- A caught player can be released by their team leader (Iron Man or Captain America), who must run out of the base and tag the player who is caught
- A team wins if they either:
 - catch every player on the other team or
 - they manage to catch the opponents captain (Iron Man or Captain America) when they are out of base

STEP UP

Players are "caught" if their own football goes outside of the area

STEP DOWN

Introduce 2 captains for both teams

OUTCOMES

- Shooting Accuracy
- Shooting Power
- Timing of the shot



WEEK 2 SHOOTING SMALL SIDED GAME



MEIKAYLA MOORE



CAPTAIN MARVEL

SET UP

1. Set up area 60x40m. Modify area depending on the age & number of players
2. Divide group into two teams and bib accordingly
3. Each team has two Avengers - nominating one player to be the "Hulk" and another to be "Captain Marvel"
4. Place balls in the goals and around the pitch to restart the game quickly

HOW TO PLAY

- A normal football game is played, with teams attempting to score in the opposition's goal
- Coach lets each team know who the opponent's Avengers are
- If the "Hulk" scores for a team, that goal is worth 3 goals
- If "Captain Marvel" scores for a team, the goal is worth 5 goals
- Rotate Avengers on a regular basis

▲ STEP UP

Teams are allowed to keep their "Hulk" and "Captain Marvel" a secret from the opposition

▼ STEP DOWN

Teams can play a "Super Powerplay" at any minute. For that minute, goals scored are doubled for each Avenger

OUTCOMES

- Passing
- Dribbling
- Shooting
- Teamwork





WEEK 3 BALL CONTROL GENERAL MOVEMENT



CUCKOOS

SET UP

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

- 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)
- Once "Eggs" are gone from the centre, Cuckoos are allowed to steal from other "Nests", without being tagged by a Nest Defender
- If Cuckoo is tagged, they must return to their Nest before trying again
- 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

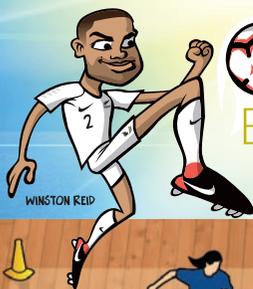
OUTCOMES

- Dodging & weaving
- Acceleration and Deceleration
- Dribbling



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

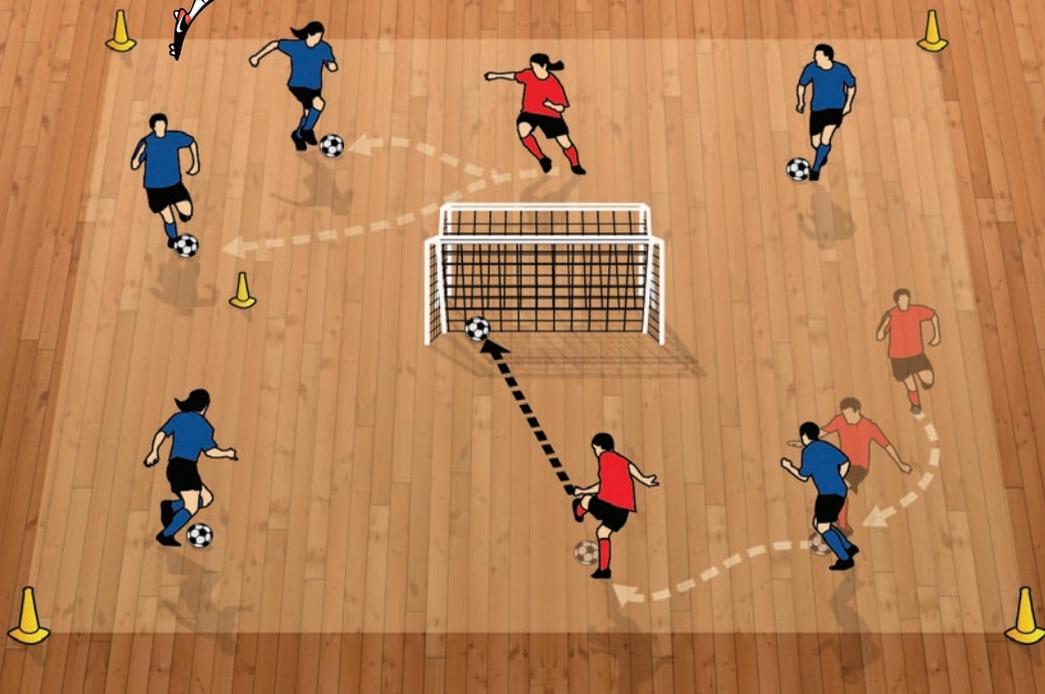




WEEK 3

BALL CONTROL

FOOTBALL TECHNIQUE



BUZZ OFF

SET UP

1. Area of up to 25x25m
2. 2 goals in the middle of the area, facing away from each other. This is the "Honey pot"
3. 2 players in bibs, without a ball. These are the "Bee Keepers"
4. All other players in area with a ball ("Bees"). The ball is their "Honey"

HOW TO PLAY

- Bees dribble their ball (Honey) around the area
- Bee Keepers try to steal the honey and put it in the Honey Pot
- If a Bee loses their honey, they become a Bee Keeper
- At the end of 1 minute, the Bees with honey are the winners

▲ 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 & accuracy
- Receiving the ball away from a defender

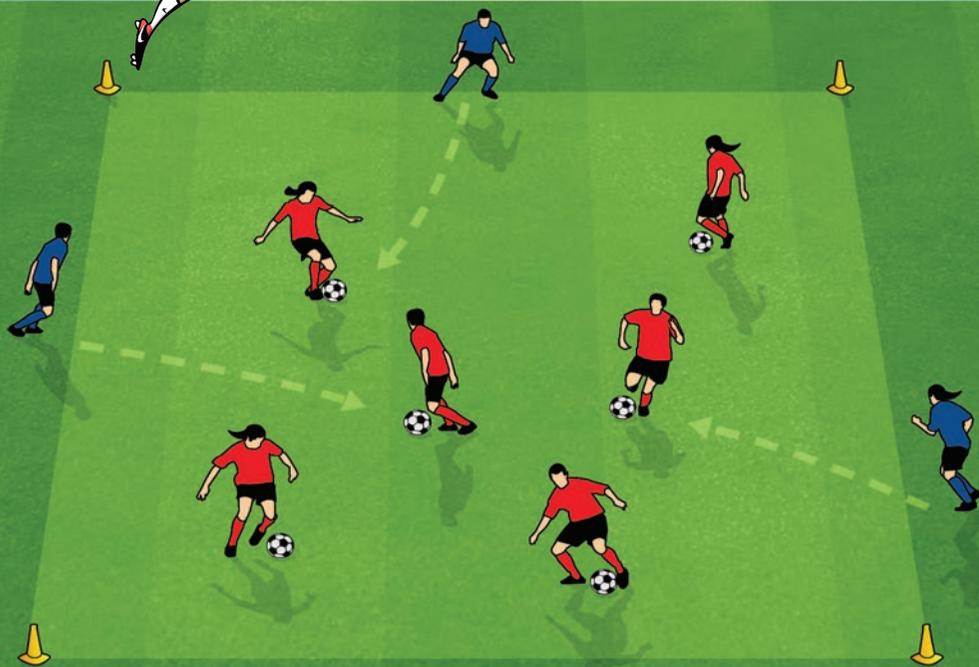




WEEK 3

BALL CONTROL

FOOTBALL COORDINATION



RUNAWAY TRUCKS

SET UP

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

- Players dribble the ball around the area, reacting to Coaches' commands:
 - "Green Light" – Player begins to move
 - "Red Light" – Player stops
 - "U-Turn" – Player performs turn to face opposite way
 - "Somebody's in the way!" – Players make beeping noise
- When coach shouts "Runaway Trucks", bibbed players enter the area and try to kick the car's engines off the road

▲ STEP UP

Introduce more runaway trucks

▼ STEP DOWN

Introduce "safe zones" for cars, where they are unable to lose their car engine

OUTCOMES

- Dribbling and changing direction with close control
- Acceleration and deceleration with ball
- Using body to protect ball whilst under pressure
- Turning away from defender





WEEK 3

BALL CONTROL

SMALL SIDED GAME



SUPPORTERS

SET UP

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





WEEK 4

1V1s

GENERAL MOVEMENT



PAPER SCISSORS ROCK

SET UP

1. Set up an area of 20x20m.
2. Using cones, mark out 2m gates inside each area
3. Three players start inside the area holding a bib – these are the taggers
4. All other players begin inside the area with no bib

HOW TO PLAY

- Game begins like a normal game of tag, with taggers attempting to catch a player who is not holding a bib
- As soon as they tag somebody, both players stop and face each other
- The two players take part in a game of “Paper, Scissor, Rock” and;
 - The winner must attempt to run through a gate before the loser tags them. If they achieve this, they are not a tagger
 - The loser must attempt to tag the winner before they run through a gate. If they achieve this, they are not the tagger
- Restart the game after 90 seconds, starting with different taggers.

▲ STEP UP

All players have a football to dribble whilst playing

▼ STEP DOWN

Introduce safe zones where players can not be tagged

OUTCOMES

- Accelerating
- Turning & Dodging
- Dribbling
- Reaction speed



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



WEEK 4

1V1s

FOOTBALL TECHNIQUE



KNOCK OUT

SET UP

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

HOW TO PLAY

- Players attempt to keep their football inside the area
- At the same time players also have to try and kick other people's football out of the area
- 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
- 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 & ball to beat a defender
- Acceleration and Deceleration
- Dribbling at a defender



WEEK 4

1V1s

FOOTBALL COORDINATION



END GOALS

SET UP

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

- Coach passes a ball into the middle of the pitch and calls a number
- The player of that number from each team runs out to the middle and attempts to score in the opposition goal
- Play continues until a goal is scored or the ball goes out of play
- 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

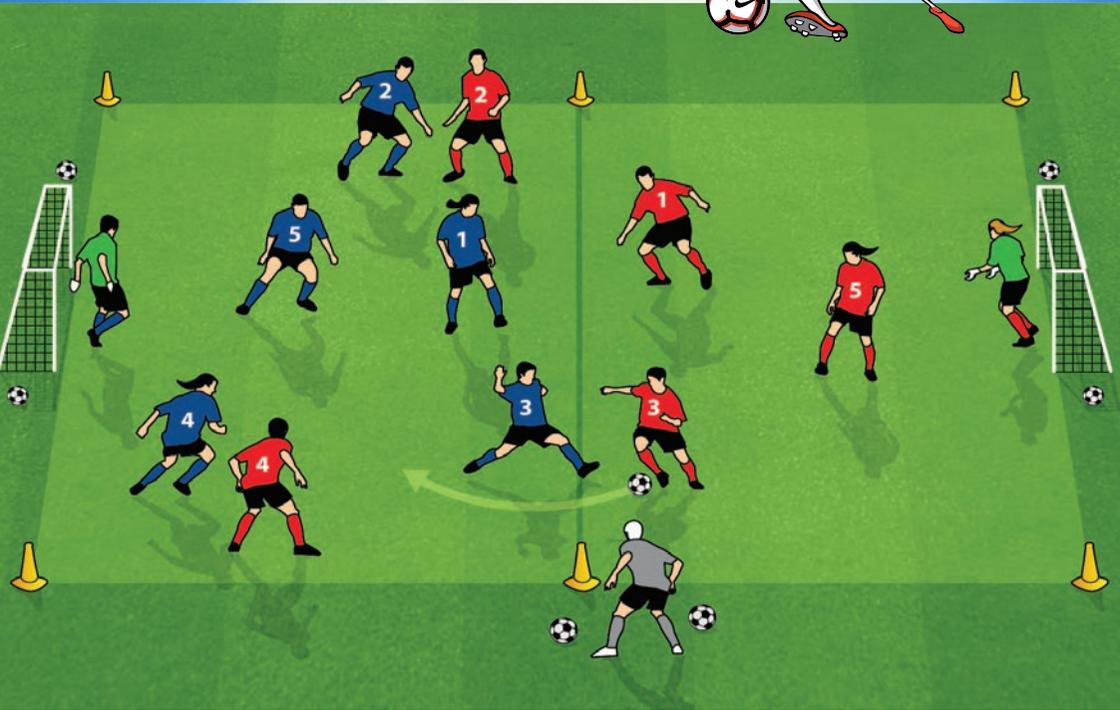
- Moving the body & ball to beat a defender
- Acceleration and Deceleration
- Dribbling at a defender



WEEK 4

1V1s

SMALL SIDED GAME



BATTLE

SET UP

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

- Teams play in a regular small sided game, aiming to score in the opponents goal
- 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 & ball to beat a defender
- Acceleration and Deceleration
- Dribbling at a defender

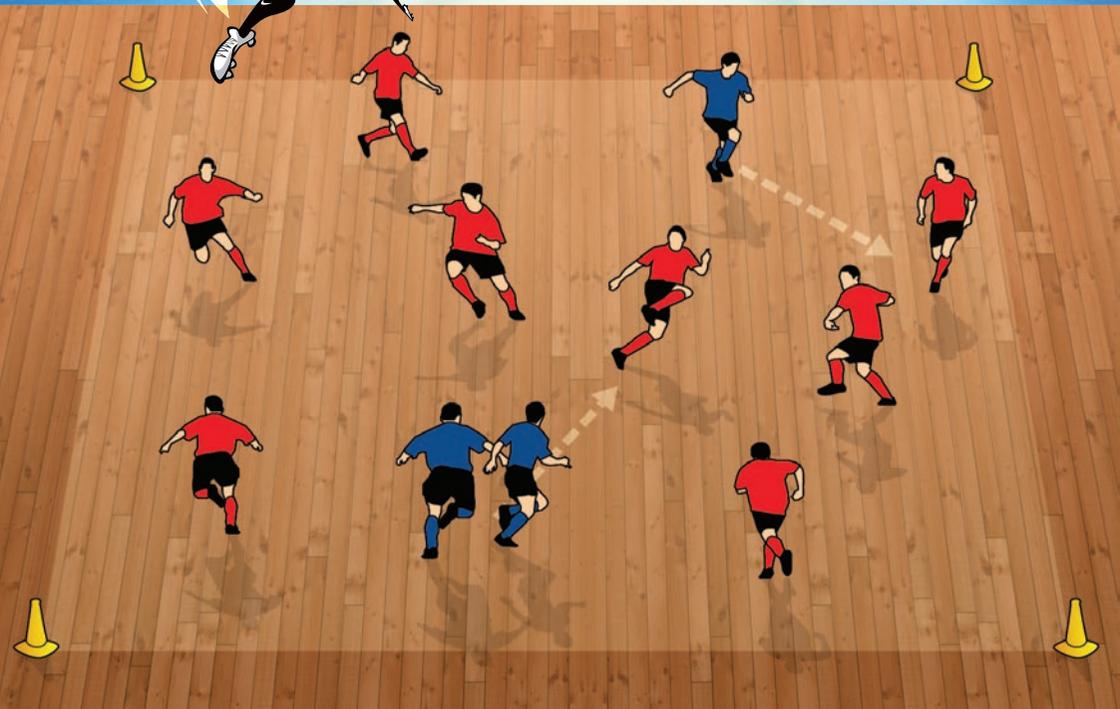




WEEK 5

PASSING

GENERAL MOVEMENT



LINK UP

SET UP

1. Set up area 20x20m
2. All players start inside the area, without a ball
3. Two players are in bibs. These are the taggers

HOW TO PLAY

- When game begins, taggers attempt to tag all players
- If players are tagged, they link arms with the tagger
- Linked players must then attempt to tag another player
- Game is over once the taggers have all players caught except for one. The remaining player is the winner
- Rotate the starting taggers after each game

STEP UP

Taggers can not have more than three players linked together

All players have a football to dribble. Linked players have one football between them

STEP DOWN

Introduce "Safe Zones" for players were they can not be tagged

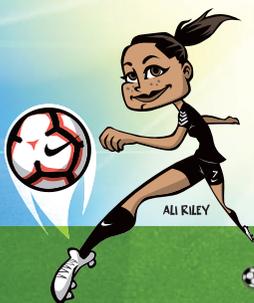
OUTCOMES

- Accelerating
- Turning & Dodging
- Dribbling
- Teamwork & supporting others



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





WEEK 5

PASSING

FOOTBALL TECHNIQUE



POKEMON GO

SET UP

1. Area of up to 20x20m
2. 2 players are bibbed and have a football each. These are the Avatars and their football is the "Poke Ball"
3. All other players begin inside the area without a football. These are the Pokemon
4. Other Poke Balls placed around the outside of the area

HOW TO PLAY

- Two "Avatars" try and catch "Pokemon" by hitting them below the knee with a "Poke Ball"
- Once hit below the knee the Pokemon becomes an Avatar. They then retrieve a Poke Ball from outside the area and try and catch other Pokemon
- Play 1 minutes rounds to see how many Pokemon can be caught

▲ STEP UP

Make the area size bigger to force longer passes

▼ STEP DOWN

Increase the number of Avatars at the start of the game

OUTCOMES

- Passing Accuracy
- Passing Speed
- Timing of pass
- Dribbling whilst keeping the ball close to you

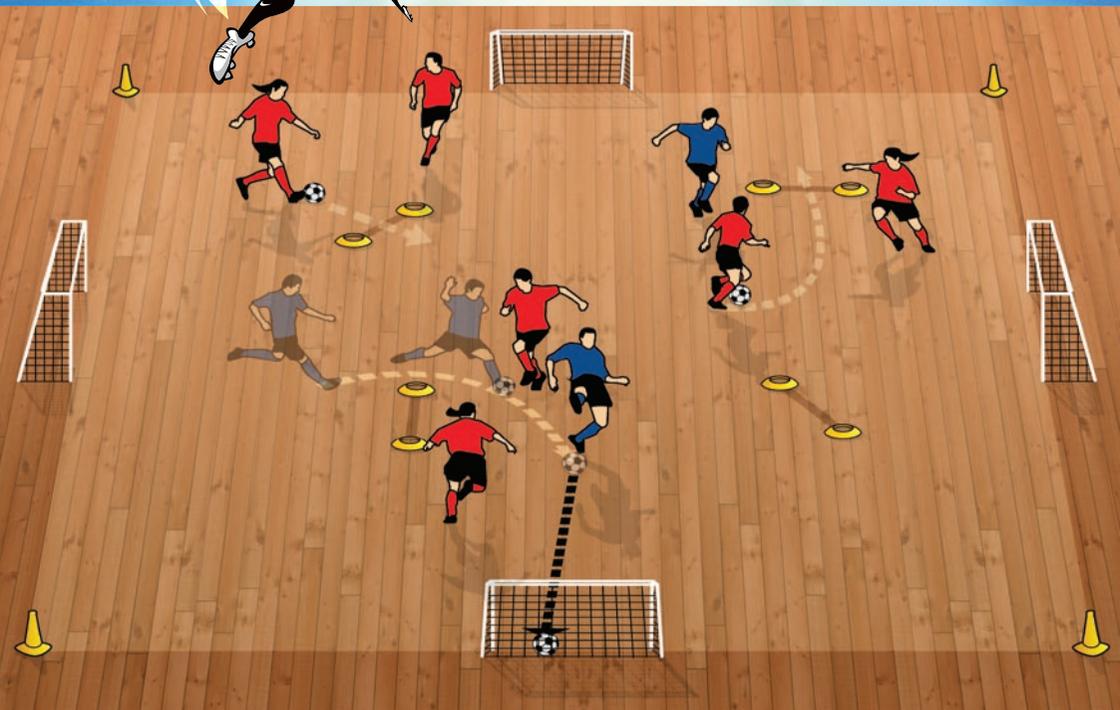




WEEK 5

PASSING

FOOTBALL COORDINATION



GATE KEEPERS

SET UP

1. Area of up to 25x25m, with four goals placed around the outside of the area
2. 2 bibbed players are the "Gate Keepers"
3. Other players find a partner and have a ball between them
4. Place gates around the area (Gates can be made with 2 cones). Ensure that you have more gates than gate keepers

HOW TO PLAY

- Players pass through the Gates to their partner and get a point each time they do
- Gate Keepers stop players from passing through the gates. Gate Keepers are only there to block the gate and are not allowed to tackle
- Play for a set time and see how many points each pair wins
- Rotate Gate Keepers and players attempt to beat their score

▲ STEP UP

Gate Keepers are allowed to tackle and pass footballs into goal. If this happens, the player's score goes back to zero

▼ STEP DOWN

Reduce the number of Gate Keepers

OUTCOMES

- Passing Accuracy
- Passing Speed
- Timing of pass
- Passing in front of your team mate or to their feet





WEEK 5

PASSING

SMALL SIDED GAME



PASS MASTER

SET UP

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

HOW TO PLAY

- Teams play in a regular small sided game, aiming to score in the opponents goal
- The number of passes that a team manages to complete in the move that leads to a goal, is the amount of goals awarded
- 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





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](https://fit4football.co.nz) TO FIND OUT MORE



**ACC
SportSmart**

11+ KIDS WARM UP EXAMPLES



STATUES RUNNING GAME

RUN AND LISTEN



3x GAMES

5x STOPS

Statues Running Game.

Develops static balance, coordination and cognitive skills.

- On 'GO' players start running
- On 'STOP' players stop and balance on one leg
- Players who wobble and move after 'STOP' return to the start and begin again
- Allow players a few seconds to gain balance

Coaching Tips

- Knee of supporting leg slightly bent
- Front on, players hip, knee and foot of supporting leg should form a straight line
- Adjust running distance to players age

PLANK POSITION

TUNNEL BALL



2x GAMES

8x ROLLS

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

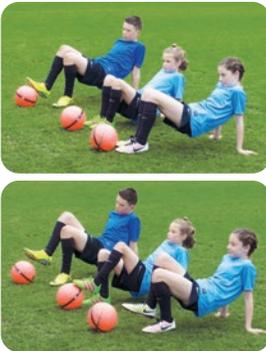
- Players perform the plank positions with strong, tightened core muscles throughout all variations
- Players create a tunnel, supported on their hands and toes
- Player at the start of the tunnel rolls the ball and then joins the tunnel
- Player at the end of the tunnel runs the ball back to start and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

Coaching Tips

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

SPIDERMAN

BALL TAPS



3x GAMES OF 15 SECS EACH

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 to keep hips and buttocks elevated
- Players perform continuous ball taps with their feet, alternating feet each tap

Coaching Tips

- Body should be in as straight a line as possible, from shoulders to knees
- Feet always under or in front of knees (knee angle 90° or more)

VISIT FIT4FOOTBALL.CO.NZ TO FIND OUT MORE