



SCHOOLS VIRTUAL FOOTBALL COMPETITION



“Using sports coaching to help children’s personal development, encouraging a healthy and active lifestyle”

Total Sports Coaching (TSC) is a multisport coaching company, teaching a wide variety of sports and activities to children and adults. We formed with the aim of increasing the opportunities for people young and old, to participate in a range of sports in a fun environment. This is through working in schools providing ppa cover, after school clubs, breakfast and lunchtime clubs. Healthy Living programmes and other specialist programmes are also provided.

Total Sports Coaching has also devised specific programmes to fit the national curriculum with the aim of delivering this in school hours. All our session plans and schemes of work are designed alongside teachers to ensure Ofsted standards are always reached. Our curriculum can be adapted to suit each schools individual needs, values and philosophy.

Our values based coaching approach rewards the all round personal development of children, rather than just the sporting ability. By developing the values of respect, excellence, positive attitude and taking responsibility, we reward childrens personal growth, encouraging them to live a healthy and active lifestyle. All of our coaching sessions are designed around using sport to develop these values in all students.

STRIVE FOR EXCELLENCE

TAKE RESPONSIBILITY

RESPECT

POSITIVE ATTITUDE

The programmes are available for viewing and can be tailored to suit your schools individual needs. An example of one of our sessions is opposite. Please visit our website for more information on our programmes www.tscoaching.co.uk alternatively you can contact us by email at schools@tscoaching.co.uk or on our office phone 01843 260474

All our staff are qualified in coaching a variety of sports and are DBS checked.



VIRTUAL COMPETITION

Welcome to the information pack for our virtual football competition. This competition is designed for primary schools to allow them to run an event for their pupils so they can compete against other schools. The event can be completed in your own time and at your own pace.

All scores will be placed on our website and we will have a leaderboard of how everyone has done. There will also be a hall of fame with the schools, classes and individuals initials who have scored the highest scores. As we run this event each year this will create a league table showing the best scores.

The competition is designed to be very simple and inclusive so that everyone who joins in will earn points for their class and school year. The simple events will allow everyone who is joining in to achieve, even if they do not excel at football.

To help prepare for the competition we have also included some videos about how to improve the techniques that are involved (passing, dribbling, shooting and running with the ball). These can be used by teachers to prepare their lesson or can be shown direct to the children.

As well as the technique videos we have also included some lesson plan ideas that you can use in the build up to the competition. You can either run these practice events each week then do all the competition in one lesson, or practice through a lesson and perform part of the competition at the end of that lesson.

One thing that is vital is that all instructions are followed extremely carefully and measurements are exact. We will give you precise measurements and timings for each event and they must be stuck to. The only way this competition will work fairly is if everyone is strict on playing by the rules set out, otherwise it can become an unfair competition. We wish you good luck and we hope you enjoy the competition.

SCORING SYSTEMS

We have created a scoring system that means that all events in the competition will be equally weighted.

You will score a certain amount of points based on the activity that you are doing, these will then be converted into TSC tokens. The maximum TSC tokens that can be earned by one person for an event is 6. Each event has its own scoring system, based on the activity. Depending on how successful you are in the activity this will tell you how many TSC tokens you receive.

TSC TOKENS

| | |
|-------------------------------|---|
| Up to 2 dribbling points = | ① |
| 3 or 4 dribbling points = | ② |
| 5 or 6 dribbling points = | ③ |
| 7 or 8 dribbling points = | ④ |
| 9 or 10 dribbling points = | ⑤ |
| 11 or more dribbling points = | ⑥ |

The whole class will then have their TSC tokens entered into a spreadsheet which will work out the class average, which then ultimately works out the year group average (no matter how many classes are in that year group). The year group average is the score that is taken to the leaderboard, so the year 1 classes average score will enter the competition against the other year 1 classes from the other schools.

We want this to be an inclusive event, no matter what each child's ability level is, so everyone who joins in will earn tokens for their class, even if they don't get any points in the competition. This goes with our value of always seeking excellence, which is all about always trying your best. The only condition is that for your school to count you must complete all 4 events. Children who miss an event can complete the other events, but their score won't count towards the class average.

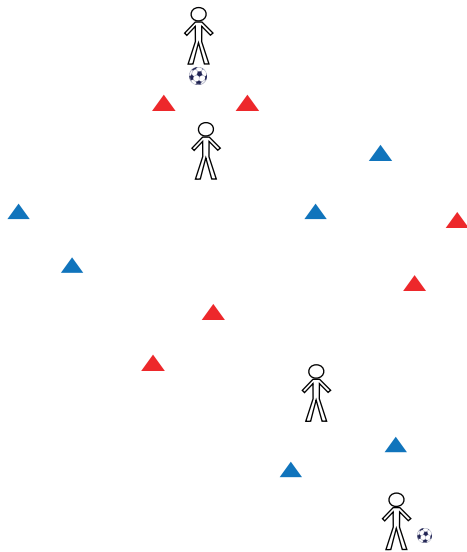
TECHNIQUE

On approach to the ball have your head up looking at the target, then as you get to the ball focus on the ball and use the step-point-push technique.

STEP - Step into the pass making sure that your non kicking foot goes next to the ball.

POINT - Your non kicking foot should be pointing at the target you are aiming at.

PUSH - You push the ball with the inside of your foot, following through towards the target



GATES GAME

Set out an area with a number of gates, ideally 2 or 3 different coloured gates. Put players into partners, each partnership needs 1 ball between them.

The players make a pass between the gate to each other, concentrating on technique. Once they have made a pass they dribble to another set of gates and perform 3 passes again before moving on. They must communicate about where they are going.

PROGRESSION 1 - They must go to a different coloured gate each time, they must communicate with each other as a team to be able to achieve this.

PROGRESSION 2 - Take around a third of the players and give them bibs and they become defenders. They do not tackle players but run to block gates. If there is a defender in the gate the attackers can't pass through it. The defenders can change gates to keep blocking attackers.

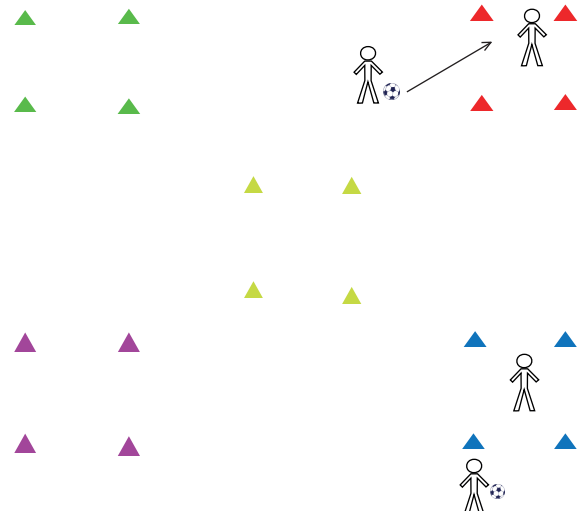
DIFFERENTIATION - Challenge players who are finding it easy to make more difficult passes, such as using their non dominant foot.

ISLAND GAME

Set up 5 islands as shown in the diagram, they should be different colours and each should have a name, you can relate to something like football teams or academic studies.

Players work in partners to go to as many islands as they can. One player goes onto the island and another player passes from off the island. The players can go close or practice passing from larger distances. They must visit a new island every time.

PROGRESSION - Make a few players wear bibs and they are pirates, they have to try and intercept passes to stop players getting on to the island. They can only intercept passes and not tackle players.



DIFFERENTIATION - Challenge players who are finding it easy to make more difficult passes, such as from longer distances.

DRIBBLING LESSONS

[CLICK HERE FOR TECHNIQUE VIDEO](#)

[CLICK HERE FOR LESSONS VIDEO](#)

TECHNIQUE

At all times you must try to keep the ball close to you, the best footballers keep it close and take more touches rather than going really fast and losing control. Then use these four techniques that are shown in the video.

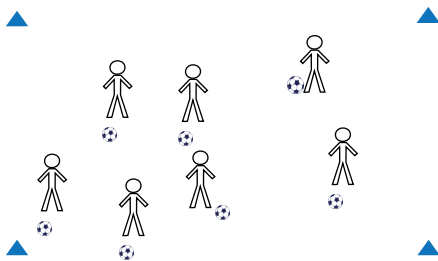
BIG TOE-BIG TOE / PENGUIN - Use your big toes of both feet to move the ball side to side.

BIG TOE-LITTLE TOE / ZIG-ZAG - Use big toe then little toe of one foot to move ball side to side. 6 touches per foot.

SOLE ROLE - Use the bottom part of your foot to move the ball in different directions.

BALLERINA - Point your toe to the floor and use your lace to push the ball a bit further, but still close enough to control.

BALL MANIPULATION



Create a tight and crowded area (this can be a square or circle). It is vital that whenever you are practicing dribbling all players have a ball each so they can have more touches. It is vital the area is crowded to create obstacles that players will need to look up to see and adjust the direction they are travelling through good close control of the football.

Demonstrate (or get a player) to demonstrate one of the above techniques then all players will have a few minutes to practice, repeat this for all 4 techniques.

PROGRESSION 1 - Add cones in around the area that the players also need to avoid.

PROGRESSION 2 - Earn a bonus point by dribbling around a cone in a circle without touching it.

PROGRESSION 3 - Add in defenders in a bib, they try to tackle the dribblers and if they do dribble the ball out of the area, the attacker will then go and collect it and start again. A defender cannot tackle the same person more than once.

DIFFERENTIATION - Challenge players who are finding it easy to try take on moves such as stepovers when they get to a player/cone.

THE CORRIDOR

Create a long and tight corridor. Then split the group into two, one half line up at the blue cones and one half line up at the red cones, with a ball per player.

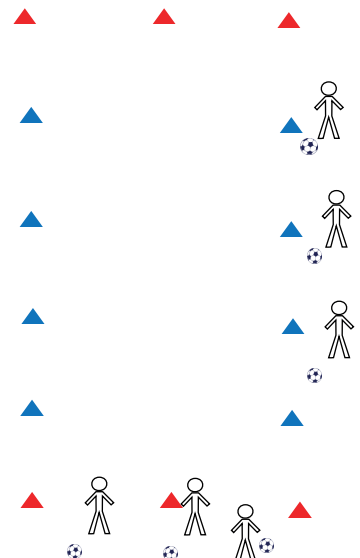
One group will aim to dribble from blue cones to blue cones without colliding with anyone or losing their ball. The other group will dribble from red cone to red cone doing the same. They must reach the line fully as this will help them develop turning skills as well.

This will create an area that players need to have their head up and be aware, as well as keeping close control of the ball so they can avoid other players. After a few minutes swap if they start at the blue or red cone.

PROGRESSION 1 - Get players to count how many times they can go end to end.

PROGRESSION 2 - Add bibbed players at the blue cones, they have a partner at an opposite blue cone who they pass or roll the ball to, the dribblers must avoid the balls.

DIFFERENTIATION - Challenge players who are finding it easy to use their non dominant foot when dribbling.



SHOOTING LESSONS

[CLICK HERE FOR TECHNIQUE VIDEO](#)
[CLICK HERE FOR LESSONS VIDEO](#)

TECHNIQUE

STANDING FOOT - Make sure that your non kicking foot goes next to the ball.

LACES - Use the top of your foot (laces) to strike ball with.

BODY WEIGHT - Load your body weight on to your standing foot.

OVER THE BALL - Keep your head and knee over the ball so that the ball stays low.

FOLLOW THROUGH - After you strike the ball try to follow through so you land on your kicking foot.

QUIDDITCH

Set out an area which is split in half by a line of cones (shown by blue area).

Behind each area is 3 cones with a ball on each one. Set up multiple areas.

Players one side of the area are trying to kick their ball at the balls on the cones behind the opposite team to knock them off. At the same time they have to block the other teams shots. Both teams are shooting/blocking at the same time.

When a ball is knocked off the cone it is not replaced, to win the game you must knock 2 of the opponents balls off so they only have one left. For safety, if a team kicks the ball above head height, the other team are allowed to replace a ball on top of one of the cones they are protecting.

DIFFERENTIATION - As you have multiple areas, decide which area is top and which area is bottom. The team that wins will move up one area, the team that loses moves down one area, play to a time limit (rock paper scissors if its a draw).

This will naturally differentiate the teams as they will end up playing teams around the same ability levels.

PANNA GAME

Put players into pairs. You will need to lines of cones. They should be a distance away that means players will need to generate some power, but will also be able to concentrate on accuracy as well.

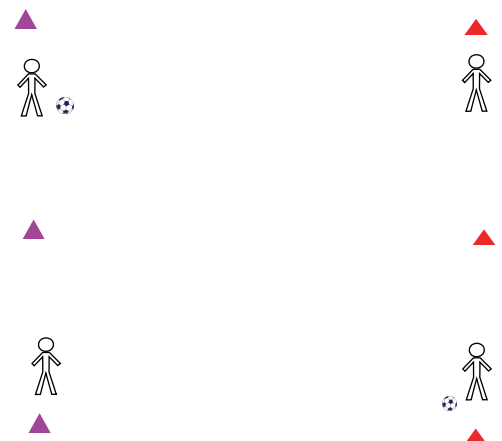
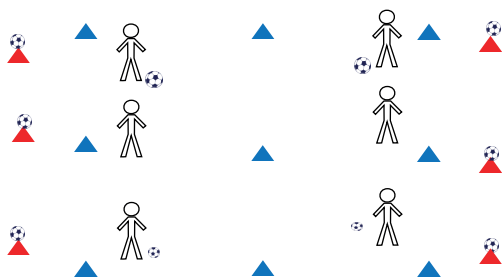
The player without the ball will stand in a star shape with their legs as wide apart as they can and feet planted to the floor so that they cant move them.

The other player tries to shoot the ball between their partners legs. If they get it through they get a point. If the partner closes their legs or moves, the shooter will get a point for this. Then the other player will have a shot and so on.

Play for 2 minutes then change partners.

PROGRESSION - You must have one shot with your non dominant foot after every 3 shots you have had. If you score its worth 2 points.

DIFFERENTIATION - If partners agree, they are allowed to make smaller gaps with their legs.



COMPETITION 1 - PASSING

[CLICK HERE FOR YOUTUBE VIDEO](#)



SET UP

Gate width = KS1 (100m) KS2 (60cm) → ▲ ▲

2 metres from red gate = 1 point → ▲ 

4 metres from red gate = 2 points → ▲

6 metres from red gate = 3 points → ▲

8 metres from red gate = 4 points → ▲

10 metres from red gate = 5 points → ▲

The gate must be exactly 60cm wide for KS2 and exactly 1 metre wide for KS1. You can set up multiple lanes.

You then need to set up cones at exactly 2m, 4m, 6m, 8m and 10m from the gate

If you do not have a wall then you can have a partner who stands behind the gate and collects the ball for you after your shot. They must wait behind the gate for the ball to go past even if it is missing.

The points you receive for scoring in the gate from each cones that are shown in the diagram.

EVENT DESCRIPTION

Each player gets 1 minute to score as many points as they can by making passes through the gate.

You start at the 1st cone and try to pass through the gate. Once you pass through you go back to the next cone and try to pass from further away.

Every successful pass into a gate you make you get passing points, the further away the more points you get. (See set up for points value from each cone)

If you hit a successful pass from the furthest gate you start again and keep adding to your score.

A successful pass has to go straight in the gate, if it touches a cone it does not count.

TIPS

- ⚽ Think Step-Point-Push
- ⚽ Take one step at the ball and place your non-kicking football next to the ball.
- ⚽ Your non-kicking foot should be pointing where you want the ball to go
- ⚽ Use the inside of your kicking foot to push the ball.

POINTS SYSTEM

TSC TOKENS

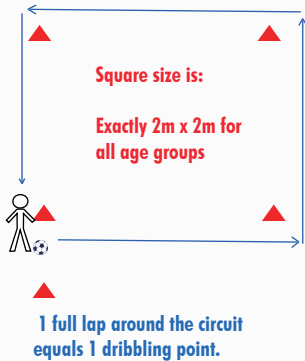
| | |
|-----------------------------|---|
| Up to 5 passing points = | ① |
| 6 to 10 passing points = | ② |
| 11 to 15 passing points = | ③ |
| 16 to 25 passing points = | ④ |
| 25 to 40 passing points = | ⑤ |
| 41 or more passing points = | ⑥ |

COMPETITION 2 - DRIBBLING

[CLICK HERE FOR YOUTUBE VIDEO](#)



SET UP



The distance between each cone must be exactly 2 metres, creating a square.

You can set up multiple squares so more than one person can go at a time.

The players starts with a ball at a starting gate - create a 1 metre wide gate at the first cone.

EVENT DESCRIPTION

Each player gets 1 minute to score as many points as they can by dribbling around a square.

The player starts at the starting gate, they must dribble around the **OUTSIDE** of the square. Every time that they complete one full circuit they will receive 1 dribbling point.

If at any point of the lap they go inside the square that lap will not count. You still need to complete the lap and get back round to the starting cone.

TIPS

- ⚽ Small touches - think big toe-big toe or big toe-little toe
- ⚽ Use different parts of your foot
- ⚽ Eyes look up between touches
- ⚽ Keep a low centre of gravity

POINTS SYSTEM

TSC TOKENS

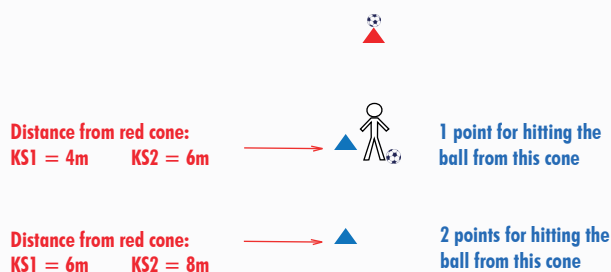
- Up to 2 dribbling points = ①
- 3 or 4 dribbling points = ②
- 5 or 6 dribbling points = ③
- 7 or 8 dribbling points = ④
- 9 or 10 dribbling points = ⑤
- 11 or more dribbling points = ⑥

COMPETITION 3 - SHOOTING

[CLICK HERE FOR YOUTUBE VIDEO](#)



SET UP



You need to set up a cone and place a ball on top of that cone, this is the target that players will be shooting at.

It is recommended you set this up by a wall, if you don't have a wall you can have an extra player who stands behind the cone to collect the ball. They cannot come in front of the cone to collect the ball. Only 1 ball can be used not multiple.

You then set up the first cone 4m away (KS1) or 6m away (KS2)

You then set up a second cone 6m away (KS1) or 8m away (KS2)

EVENT DESCRIPTION

Each player gets 1 minute to score as many points as they can by shooting at a target.

Players can choose what cone they want to shoot from, they can change where they are shooting from as many times as they like during the 1 minute.

They must be level or behind the cone for the shot to count, if they are in front it does not count.

If they knock the ball off the cone they score either 1 or 2 points depending on what cone they are at. If they hit the ball but it doesn't fall off the cone it doesn't count.

TIPS

- ⚽ Think Step-Point-Push - but use laces
- ⚽ Take one step at the ball and place your non kicking foot next to the ball.
- ⚽ Head down and over the ball for more accuracy
- ⚽ Lock your ankles and use your laces to strike the ball

POINTS SYSTEM

TSC TOKENS

- Up to 1 shooting point = ①
- 2 or 3 shooting points = ②
- 4 to 6 shooting points = ③
- 7 or 8 shooting points = ④
- 9 or 10 shooting points = ⑤
- 11 or more shooting points = ⑥

COMPETITION 4 - RUNNING WITH THE BALL



[CLICK HERE FOR YOUTUBE VIDEO](#)

SET UP

This is a simple set up. You just place down two cones.

For KS1 they should be 5 metres apart, for KS2 they should be 8 metres apart,

You cannot set the cones up near to a wall or where other players can stop the ball if it goes too far past the cone. This is to make sure players are attempting to slow down to turn around the cone.

Distance between red cones:

KS1 = 5 metres apart

KS2 = 8 metres apart



1 point for everytime you successfully get from one red cone to the other. So there and back equals 2 points

EVENT DESCRIPTION

Each player gets 1 minute to make as many runs as they can between cones..

The player starts at the cone with a ball.

The aim is to complete as many lengths as they can. They must dribble up and around the cone fully, going to the cone does not count. Every time you complete a length you receive 1 running with the ball point. So for example if you get there and back that is two points.

If when your time finishes you are halfway, there is no point awarded for the length you are running

TIPS

- ⚽ Point toe to ground and use laves
- ⚽ Push 2 - 3 steps in dront with each touch
- ⚽ Use big touches when running, but small touches when you need to slow down to change direction.
- ⚽ Keep eyes forward to understand distance

POINTS SYSTEM

TSC TOKENS

| | | |
|------------------------|---|---|
| Up to 3 RWTB points | = | ① |
| 4 or 5 RWTB points | = | ② |
| 6 or 7 RWTB points | = | ③ |
| 8 or 9 RWTB points | = | ④ |
| 10 to 12 RWTB points | = | ⑤ |
| 13 or more RWTB points | = | ⑥ |

LINKS TO ALL YOUTUBE VIDEOS

Click the title of the video you want to go straight to the youtube video

INTRODUCTION VIDEOS

Introduction to the virtual competition

Using the TSC Values in the competition

TECHNIQUE VIDEOS

Passing technique

Dribbling technique

Shooting technique

Running with the ball technique

LESSON VIDEOS

Passing lesson ideas

Dribbling lesson ideas

Shooting lesson ideas

Running with the ball lesson ideas

COMPETITION VIDEOS

Passing competition guide

Dribbling competition guide

Shooting competition guide

Running competition guide



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