



Welcome to our brand NEW KOOSA Kids Football Academy Activity Planner

Please find below all the important information on how your child will be looked after, what a typical day at KOOSA Kids Football Academy looks like and a detailed activity planner featuring all the football development and FUN we have in-store for your child!

HOW WILL MY CHILD BE LOOKED AFTER?



Open to girls & boys of all abilities, KOOSA Football Academy provides a caring and welcoming environment for children in Year 1 to Year 8 to develop their football skills, passion and ability.

To ensure your soccer superstars get the most out of their time with us, the children will be grouped by age, with experienced football focused coaches providing knowledge, energy and age-appropriate instruction throughout.

A TYPICAL KOOSA FOOTBALL ACADEMY DAY

With a fully tailored programme mirrored on the FA 4 Corner model, each day the children will focus on any two of five core development areas from Shooting, Turning, Dribbling, Passing, Goalkeeping & Defending, as well as taking part in exciting warm up games, a Soccer Challenge at lunch time and Mini Matches towards the end of the session... an opportunity to put all those newly acquired skills to the test!

WHAT TO WEAR / BRING

- ⚽ Refillable water bottle / packed lunch / snacks (no nuts please)
- ⚽ Comfortable clothing suitable for an active football focused day, plus a raincoat or sun hat.
- ⚽ Astro turf boots or trainers required (astro's preferred) & shin pads a must. No studs please.
- ⚽ Please note, Football Academy will take place outside as much as possible, regardless of the weather. Bringing a full change of clothes is recommended.

PROGRAMME DESCRIPTION

ACTIVITY	DESCRIPTION
Warm Up	Lets get Warm! A short session to get everyone moving with the ball at their feet and those vital muscles warmed up.
Shooting	Finish like Ronaldo! With a focus on ball mastery, a targeted shooting session both with and without a defender.
Turning	Swivel like Salah! Learn to master foot & ball co-ordination, practising different turns with a stationary or moving ball.
Dribbling	Close control like Messi! Develop those all-important dribbling skills, move the ball across the pitch with expert close control skills, whilst being challenged.
Passing	Precision pass like De Bruyne! This session is all about promoting teamwork by developing and improving those all-important passing skills both to a stationary or moving target.
Goalkeeping & Defending	Defend like Van Dijk! Defence is the often best form of attack....a session devoted to the art of tackling, defending and an opportunity to hone those vital goalkeeping skills.
Mini Matches	Back of the Net! Everyone's favourite...your child's chance to put those newly learned skills into practice with a series of mini matches to finish off the day.
Soccer Challenge	Time for a Challenge! In between our core development sessions, your children will be given the chance to take part in a series of daily challenges including Penalty Shootouts, Cross Bar Challenge, Keepy Up's and Football Bowling etc.



Activity Planner

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
8.15-9.45	Extension Zone	Extension Zone	Extension Zone	Extension Zone	Extension Zone	AM EXTENSION
9.45-10.15	Wake Up Zone Uppers and Downers	Wake Up Zone Soak the Coach	Wake Up Zone Show and Tell	Wake Up Zone Soak the Coach	Wake Up Zone Higher or Lower	
10.15-11.15 Activity 1	Tiger Tails	Football Heaven	Traffic Lights	Stuck in the Mud	Pirates of the Caribbean	STANDARD ACTIVITY DAY
	Cattle Drive	Kings and Queens	Gladiators	River Crossing	Catch Me If You Can	
11.15-11.30	SNACKS AND DRINKS	SNACKS AND DRINKS	SNACKS AND DRINKS	SNACKS AND DRINKS	SNACKS AND DRINKS	
11.30-12.30 Activity 2	England v Spain	Collect and Carry	Battle Ball	Trap the Ball	Feed the Monkeys	
	Shoot Relay	Haunted House	Space Invaders	Cat and Mouse	Pass the Crab	
12.30-13.00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
13.00-13.30 Activity 3	Soccer Challenge	Soccer Challenge	Soccer Challenge	Soccer Challenge	Soccer Challenge	
13.30-14.30 Activity 4	Tactical Turns	Shield the Ball	Footy Heroes	Through the Wall	Dive, Dive, Dive	
	Robin Hood	Protect the Post	Chicken Run	Chain Gang	Scatter Ball	
14.30-14.45	SNACKS AND DRINKS	SNACKS AND DRINKS	SNACKS AND DRINKS	SNACKS AND DRINKS	SNACKS AND DRINKS	
14.45-15.45 Activity 5	Mini Matches	Mini Matches	Mini Matches	Mini Matches	Mini Matches	
15.45-16.15	See Ya Zone Hula Hoop Challenge	See Ya Zone Ninja, Hunter, Bear	See Ya Zone Sausages	See Ya Zone B v G Noughts & Crosses	See Ya Zone Drop Catch	PM EXTENSION
16.15-17.00	Challenge Zone Beanbags on Target	Challenge Zone Relay Races	Challenge Zone Giant Elephant Football	Challenge Zone Beanbags on Chairs	Challenge Zone Musical Games	
17.00-18.00	Extension Zone	Extension Zone	Extension Zone	Extension Zone	Extension Zone	

