

Christmas crackers



'Tis the season to have a fun, Christmas-themed games session. Just divide your squad into two teams which compete to win the festive challenges.



What you tell your players the session is about

1. A fun, final session before the Christmas break.
2. Two teams trying to win each challenge in order to be the "Christmas kings".

Session planner

Warm up 5 mins	Session 1 15 mins	Session 2 15 mins	Game 20 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm up	Balls, cones	Stretching, gentle running and dribbling with the ball
Session 1	Balls and cones	The players are working together on the Sledge Races circuit
Session 2	Balls, cones, one goal	The team which delivers the most presents is the winners
Game	Balls, cones, two goals	Teams play a game in the Christmas Tree formation
Warm down	n/a	Gentle jogging and stretching exercises

Where it fits

Individual skills: Dribbling, passing, shooting, communication

Team skills: Communication, team work

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What to think about

- Although this is a Christmas fun session, it is also good to improve team work and build a winning mentality.
- Points should be awarded for winning each game and the team with the most points wins the session (try to reward these players with a prize).
- Although each game is named after a Christmas theme, the skills and techniques used in each game (dribbling, shooting, teamwork) must be emphasised to the players.
- An idea is to ask the players to come in Christmas fancy dress and to take part in the session in Santa, elf outfits etc. This will add to the fun and enjoyment of the session.





Set-up

- Use a 30 yards square area for the Sledge Races and Deliver the Presents games.
- Use 60 yards long by 40 yards wide pitch for the Christmas Tree game.



What you get your players to do

Sledge Races

Split players into two teams of five. The first player of each team starts in the centre of the pitch with a ball. To start, this player dribbles out to a corner to collect a team mate.

The team mate links hands with the first player and dribbles the ball towards the next team mate. The players must not let go of each other's hands and slalom through cones or circle around flags.

Once all the players have been collected, the team runs to the centre of the pitch. The team back first is the winner.

Deliver the Presents

Split players into equal teams and set up six goals around the pitch. One team works as present deliverers and the other works as Christmas scrooges who try to stop the other team.

All the balls are placed in the centre of the pitch. Each player collects a ball and tries to dribble past the scrooges to "deliver the presents" into the goals. Swap teams and see which scores the most goals.



What to call out

- "Work together"
- "Communicate"
- "Be a winner"



Game situation

Christmas Tree Game

In a small-sided game, each team lines up in a 3-2-1 "Christmas Tree" formation. This game encourages defenders and midfielders to move forward and score goals (this also improves team rotation) as the following points system is in place. If the forward scores, one point is awarded. If a midfielder scores, two points are awarded. If a defender scores, the team is awarded three points. Finally if it's a team goal (build up from the defensive zone, through midfield zone and into attacking zone), a bonus point is awarded.

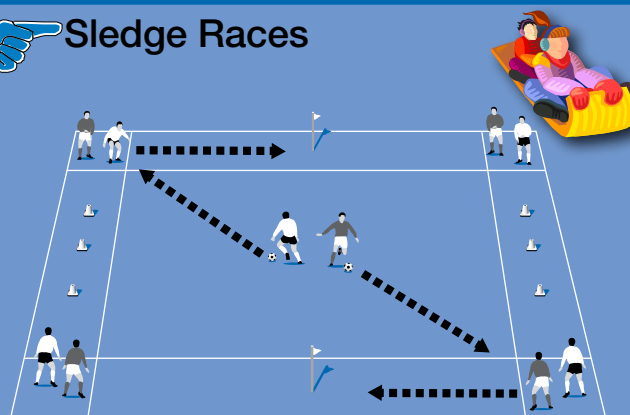
Christmas crackers



run with ball →



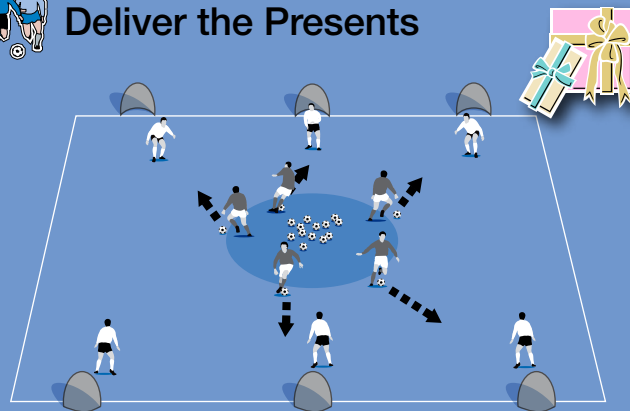
Sledge Races



Two teams race to complete a course. Players perform a task while linking hands with a team mate and continue to the finish.



Deliver the Presents



Christmas scrooges try to stop deliverers "posting" presents (scoring goals).



Christmas Tree



Play a game in a Christmas Tree formation (3-2-1). Defenders' goals are worth three points, midfielders' two and attackers' one.