

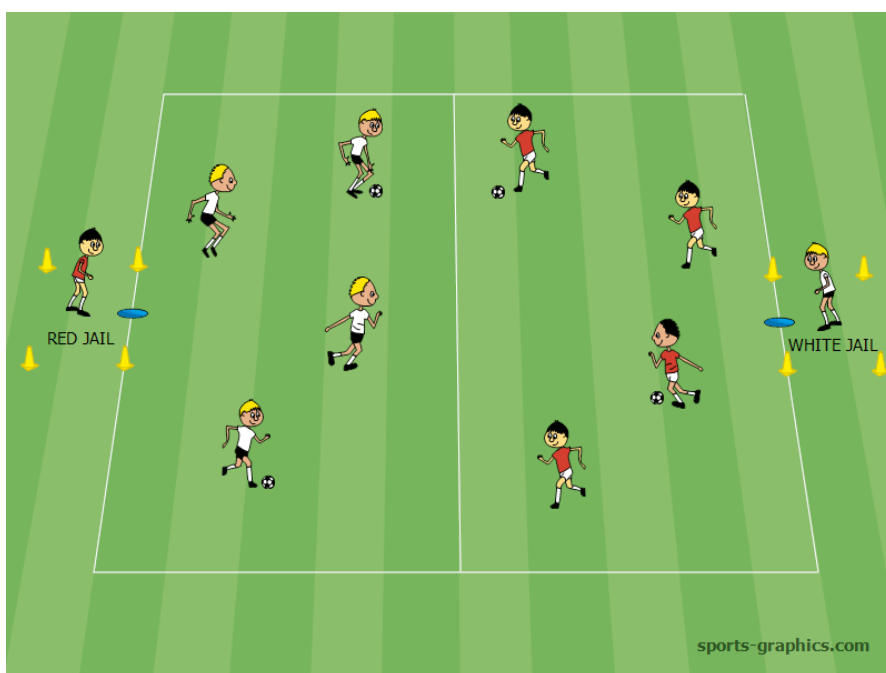
STEAL THE POPCORN

To introduce the basic concepts of the game in a fun and positive learning environment

TECHNICAL

Fun Games

Foundation Football



Set up a 20x20 playing area marked with a halfway line.

Mark out a jail (small square) at each end outside the playing area.

Adjust size of area to suit number of players.

Place popcorn (a bib) at the entrance to each jail.

Divide players into two groups.

Each group has two defenders without a ball and two players with a ball.

Players with balls dribble into the opposition half and attempt to steal the popcorn.

The first team to collect the popcorn wins.

Game restarts.

If the defenders win a ball, the player who lost the ball must go to their jail.

They remain in jail until the coach allows

them to re-enter the game making sure the player isn't waiting too long.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



Football
SESSIONS

INSPIRE TO DELIVER

Fun Games

LEARNING OUTCOMES

- Fun activity to develop teamwork.
- How to keep close control of the ball.
- How to use different parts of the foot.
- Learn how to move the ball at different speeds.
- Players begin to understand spatial awareness.

KEY FACTORS

- Always encourage players
- Close control of the ball
- Enjoyment of the session
- Ensure the session is relevant and age appropriate
- Space awareness within playing area

FOCUS AREAS

- Ensure every player is taking part in the session.
- Ensure the session is fun and that players are enjoying playing the game.
- Facilitation of the practice is more important than 'coaching' the players – let the game be the teacher.

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