

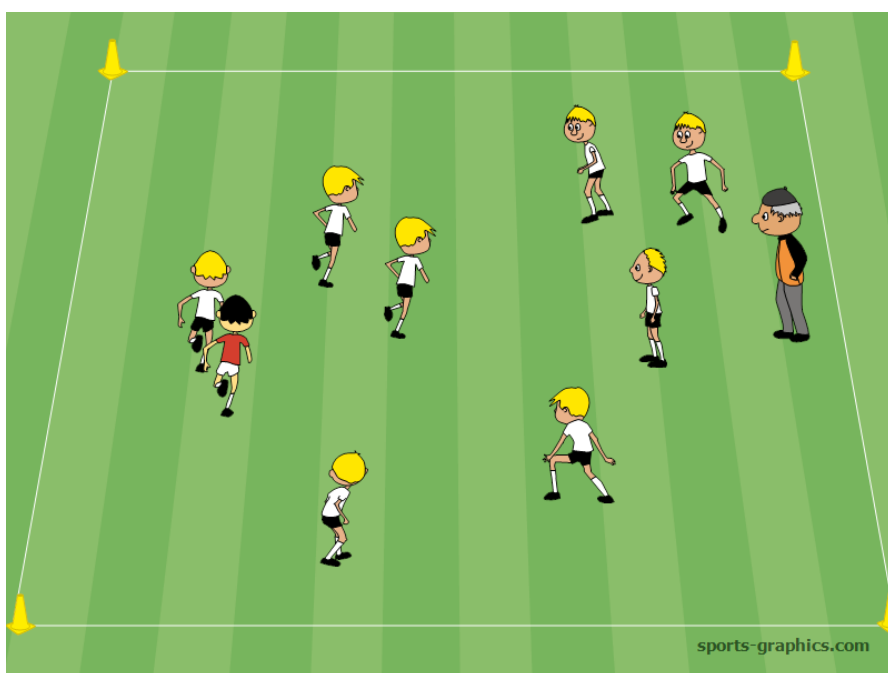
CATCH ME IF YOU CAN

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 or adapt to suit number of players.

Players run around inside the area.

One player is 'it' and they attempt to tag another player who then becomes 'it.'

Play for a certain time and then change the rules so that when players are tagged they become 'it' too to give more chance of catching the other players.

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

- Players begin to understand spatial awareness.

KEY FACTORS

- Always encourage players
- 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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