

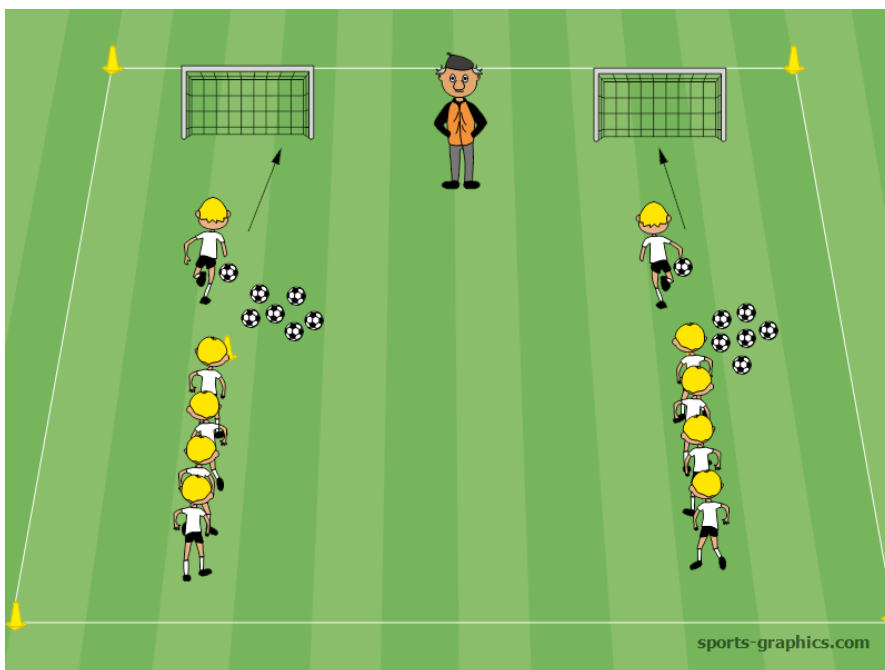
GOAL RELAY

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 with two mini goals at one end. Adapt size to suit the number of players. Arrange players into two even groups and line up opposite a goal. Set up a quantity of balls on the halfway line just off centre between each group and their goal. The first player from each line runs, collects a ball, dribbles and shoots at goal. When the player has scored they stand behind the goal. The next player can then go and do the same. The winners are the group that score the most goals in the quickest time. Dependant upon numbers reduce the number of players queuing, by adding more lines and extra goals if need be.

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.



LEARNING OUTCOMES

- How to keep close control of the ball.
- How to use different parts of the foot.
- Improve basic kicking technique.
- Learn how to move the ball at different speeds.

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.

GOAL RELAY

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

