

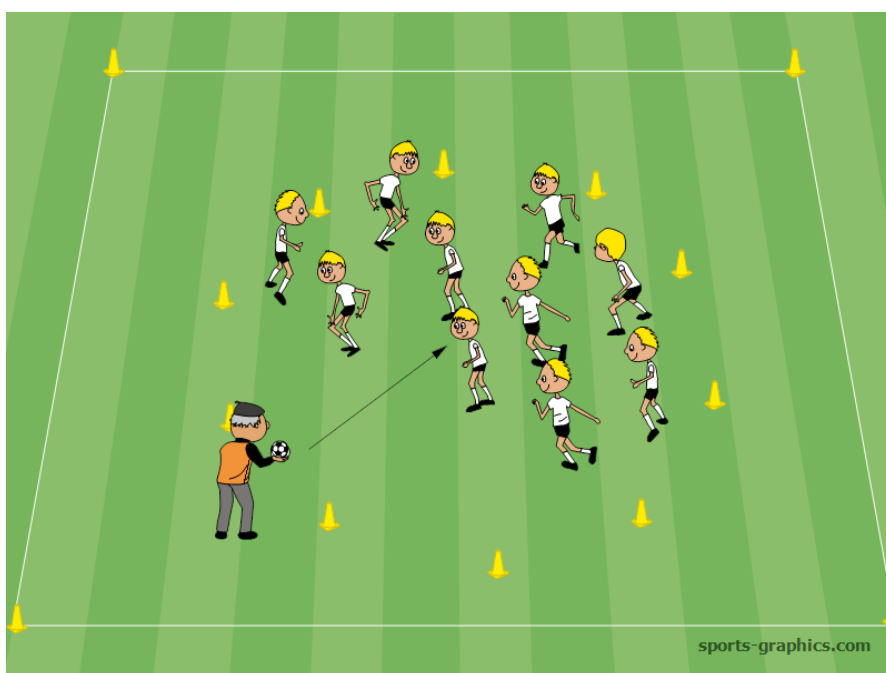
KNOCK THEM DOWN

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 a circle marked out in the centre.

Adapt size of area to suit the number of players.

Position players within the circle.

Coach with a quantity of balls starts outside the area and gently rolls/passes balls into the area.

If the ball hits any player on or below the knee or they step out of the area the player gets one strike.

Players who get five strikes join the coach on the outside.

They too can roll balls in until there is one player left in the circle.

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

- Fun activity to develop teamwork.
- Improve 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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