

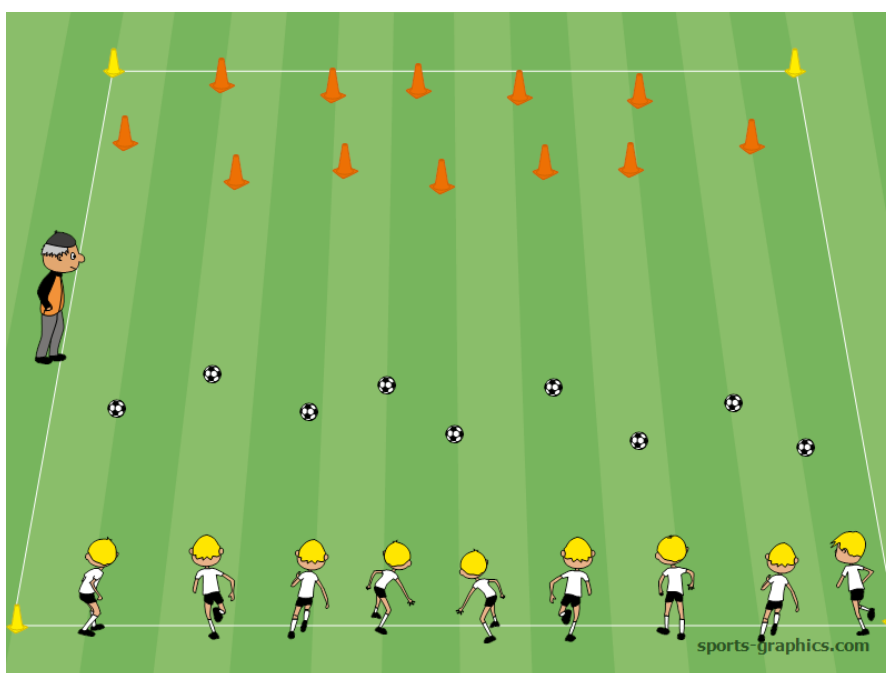
JUMP OVER EGGS

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 the number of players.

Set up a good number of cones (baby birds) at one end of the area.

Arrange a line of balls (eggs) a third of the way into the area and line up players on the edge of the area.

Players run and jump over the eggs (carefully as eggs are soon to hatch).

Players continue to baby birds and collect one each before returning over the eggs and back to the end line.

Do this once and then add a football for each player.

Players dribble up to the eggs, stop their ball with the foot carefully (under control), jump over the eggs and run to collect another baby bird.

Return over the eggs, collect the ball, and

finish on end line.

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.
- 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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