

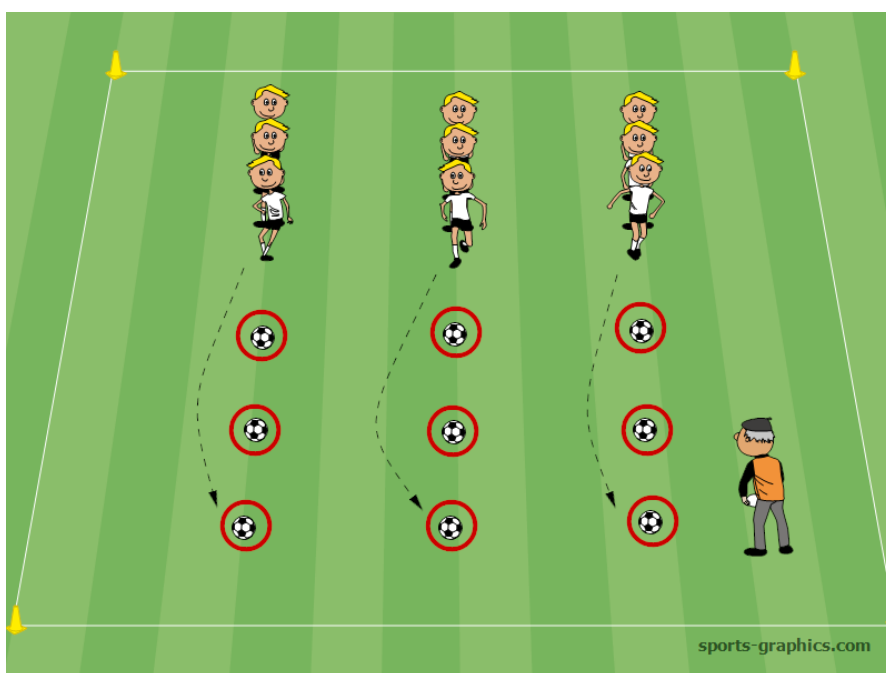
THREE BALL COLLECTION

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.

Arrange players into lines of no more than three players. Place three balls in a line opposite players.

The first player in each line runs to the furthest ball, picks it up, and brings it back to the line and places it on their starting position.

The player continues to bring the other two balls back, one at a time.

The first player joins the back of the line.

The second player replaces all the balls, one at a time.

The third player collects them all again.

First to finish wins.

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.
- 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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