

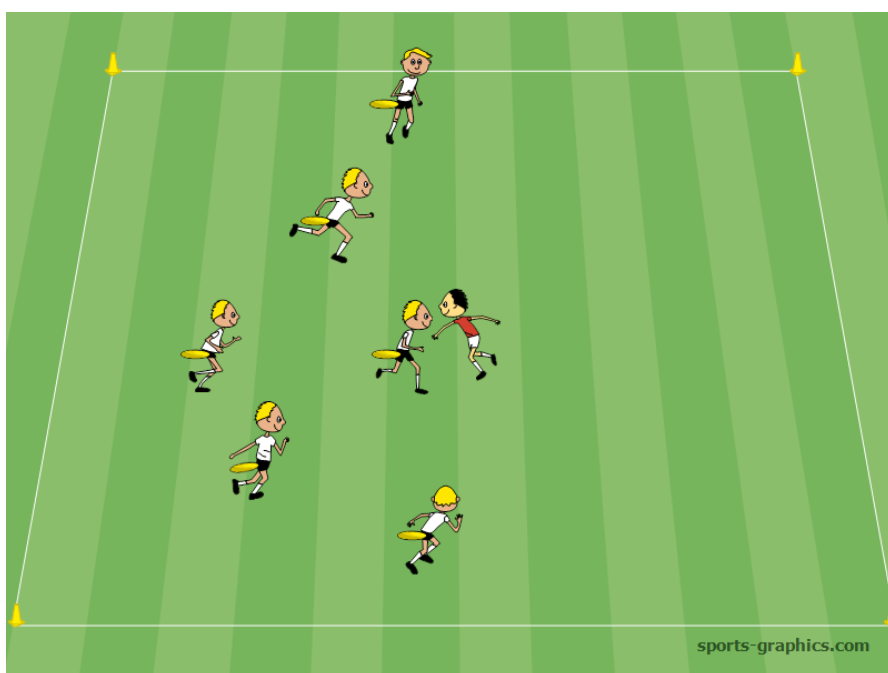
KEYS TO THE ZOO

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.

Place one player (or coach) in the middle. Players line up along one side of the area with a bib (key) tucked into their shorts. Players attempt to run across the area while the middle player tries to grab the bibs (keys).

If a player reaches the opposite end with the key still tucked in, they stay in the game. If a player's key is taken, they join the middle player and try to grab keys from the remaining players' return run.

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.
- 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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