

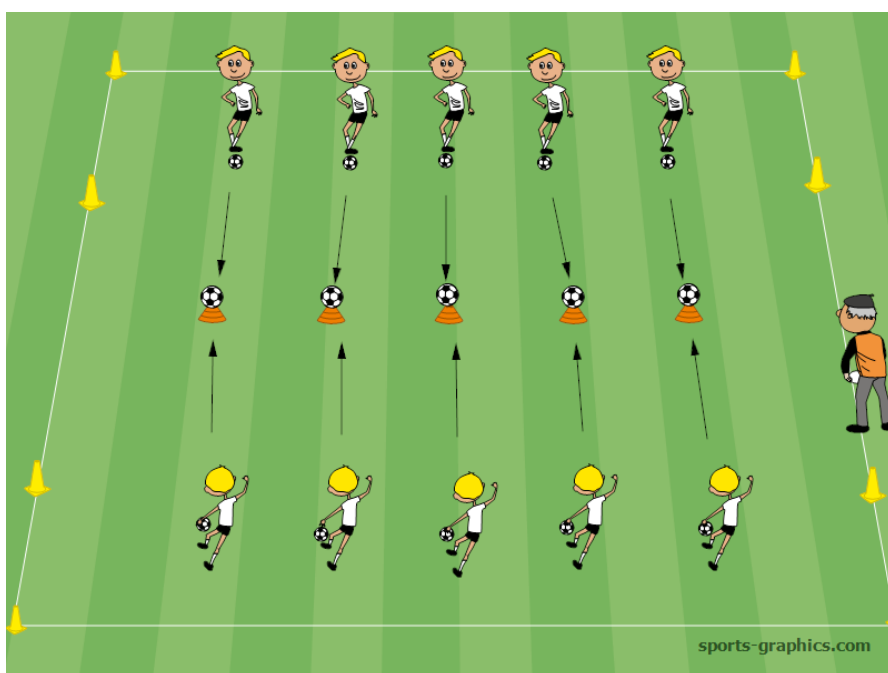
FIVE BALLS

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

TECHNICAL

Fun Games

Foundation Football



In a 20x20 playing area set up a central line of cones with balls on top.

Make the number of cones an odd number to prevent a draw.

Adjust the size of the area to suit the number of players.

Divide players into two groups and line up either side of the area with a ball each.

Each group attempts to knock the balls off the cones.

Most per group wins.

Replace the balls and repeat.

To increase the difficulty players use opposite foot or adjust the distance from the cones.

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 use different parts of the foot.
- Improve basic kicking technique.

KEY FACTORS

- Always encourage players
- Basic kicking technique
- Enjoyment of the session
- Ensure the session is relevant and age appropriate

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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