

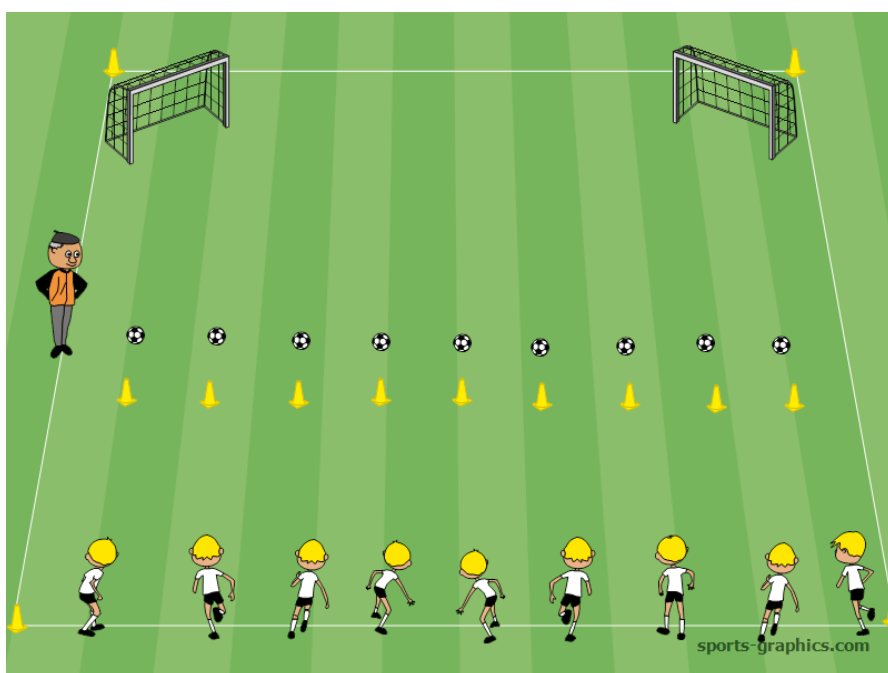
HOP AND SCORE

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 adjust to suit the number of players.

Arrange a mini goal on an angle across two corners.

Place a line of balls and a line of cones across the area – as many as there are players.

Players begin on the end line.

Players perform a dynamic exercise from the end line to the cone eg. high knees, skipping, running backwards/sideways, hopping etc.

When they reach the cone they step around, collect the ball, and dribble toward one of the goals and shoot.

Players collect their ball, return to the end line and repeat using a different dynamic exercise.

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.
- How to keep close control of the ball.
- How to use different parts of the foot.
- Improve basic kicking technique.
- Learn how to move the ball at different speeds.
- Players begin to understand spatial awareness.

KEY FACTORS

- Always encourage players
- Basic kicking technique
- 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.

HOP AND SCORE

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

