

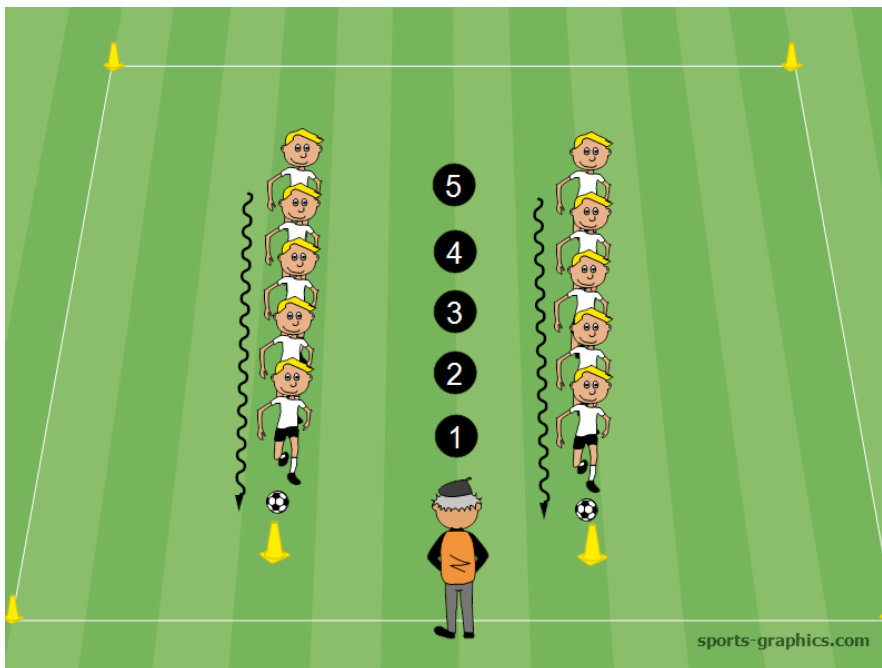
OVER AND UNDER

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 arrange players into two even lines.

Place a ball in front of the first player in each line.

The front players start by passing the ball over their heads to player two.

Player two passes the ball between their legs to player three.

Player three passes over the head and so on.

When the ball reaches the last player they make their way to the front of the line and the game continues.

The game finishes when the player who started at the front makes it back to the front position.

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.
- Improve basic eye-hand coordination.

KEY FACTORS

- Always encourage players
- 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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