

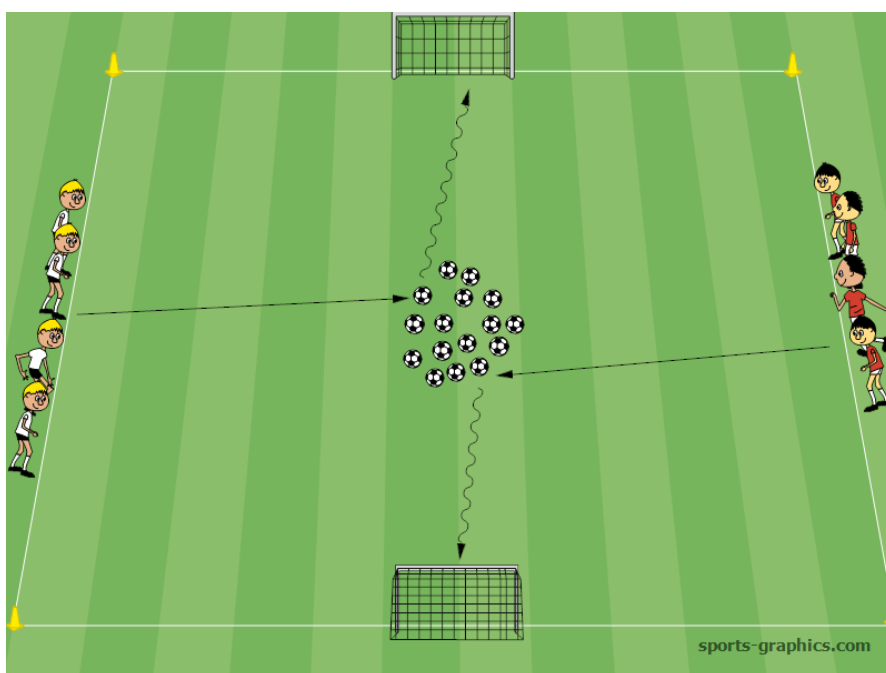
# ROB AND SCORE

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 with a mini goal at each end.

Adjust size of area to suit number of players.

Divide players into two groups and place at opposite sides of the area.

Place a good quantity of balls in the middle. One player from each group runs to the middle and dribbles the ball to their goal and shoots.

Once the shot has been taken they run back to the group and tag the next player who then follows the same process.

The group with the most balls in goal after all the balls have been used is the winner.

## 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.

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