

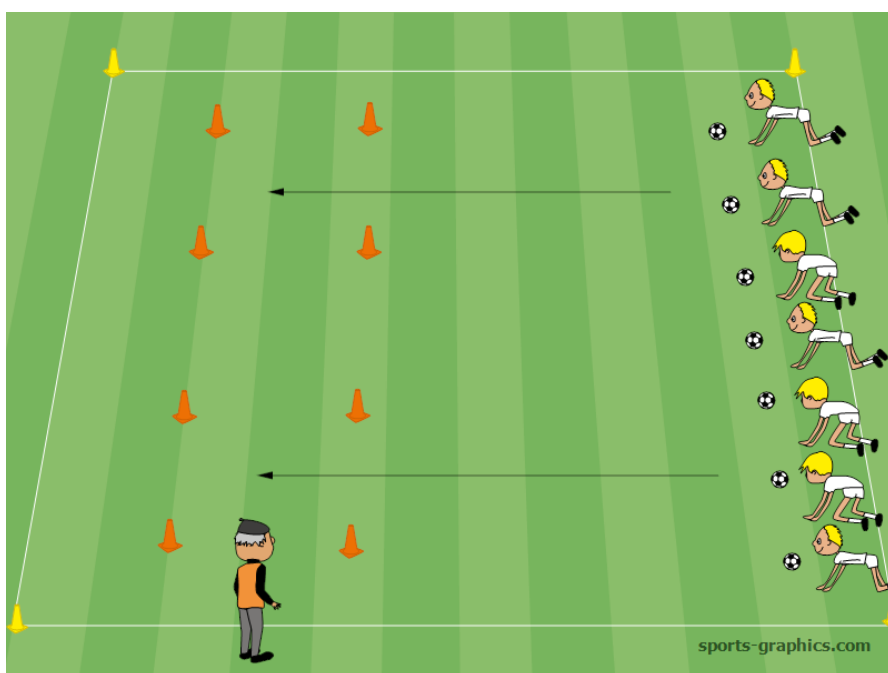
LION HEADS

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.

Mark out two 5yd squares (Lions dens) in one side of the area.

Arrange players in a line opposite the dens. Players (lions) are on all fours and have a ball each.

Players crawl while using their head to push the ball across the area and into a den. On doing so the player dribble the ball back to the starting position.

Encourage players not to use their hands to push the ball when using their heads.

Develop this into a race. The player that is the first to dribble back to the starting line, wins.

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

- Basic dribbling technique.
- Fun activity to develop teamwork.
- How to use different parts of the foot.
- Players begin to understand spatial awareness.

KEY FACTORS

- Always encourage players
- 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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