

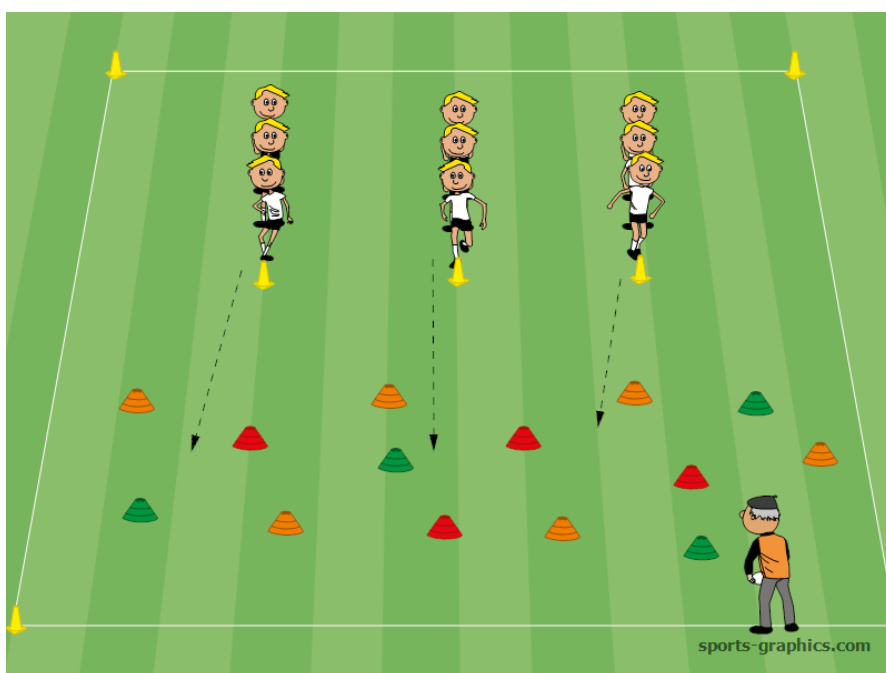
FLIP A CONE

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

TECHNICAL

Fun Games

Foundation Football



Most bibs win.

Set up a 20x20 playing area with a good quantity of cones at one end.
Adjust the size to suit the number of players.
Hide a small number of bibs under some of the cones.
Arrange players into even groups of no more than three.
Line up opposite the cones.
The first player in each line runs to flip just one cone.
If a bib is found the cone remains overturned and the player runs back to the line with the bib.
The cone remains overturned if no bib is found.
Next player goes.
Specify at the beginning of the practice how many bibs are hidden.

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.
- 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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