

JUGGLES

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

TECHNICAL

Fun Games

Foundation Football



Arrange players with a ball each within a 20x20 playing area.
Adjust size to suit the number of players.
Players begin with the ball in their hands.
Players drop the ball onto a knee (thigh) and then catch it.
Only progress at this age to two knees ie. drop, knee, catch – drop, other knee, catch.
Ensure players are balanced and using the correct technique as this will help them to improve.

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

- How to keep close control of the ball.
- Improve basic ball manipulation.

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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