

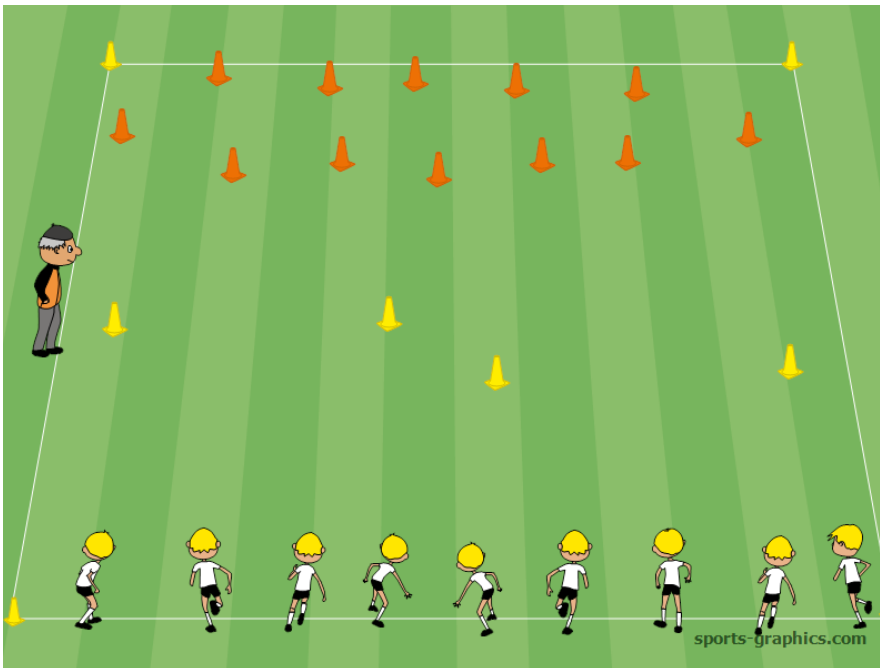
COLLECT THE LION'S MEAT

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 size to suit the number of players.
Mark out two central gates.
Arrange a quantity of cones (lion meat) at one end of the area.
Set up players (lions) on the opposite side of the area.
Players run through one of the central gates to collect a piece of lion meat.
Players return through a gate to the end line and go again.
Most meat wins.
Progress with players dribbling a ball or performing a spin/star jump before picking up the lion meat.

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.



Football
SESSIONS

INSPIRE TO DELIVER

Fun Games

LEARNING OUTCOMES

- Players begin to understand spatial awareness.

KEY FACTORS

- Always encourage players
- 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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