

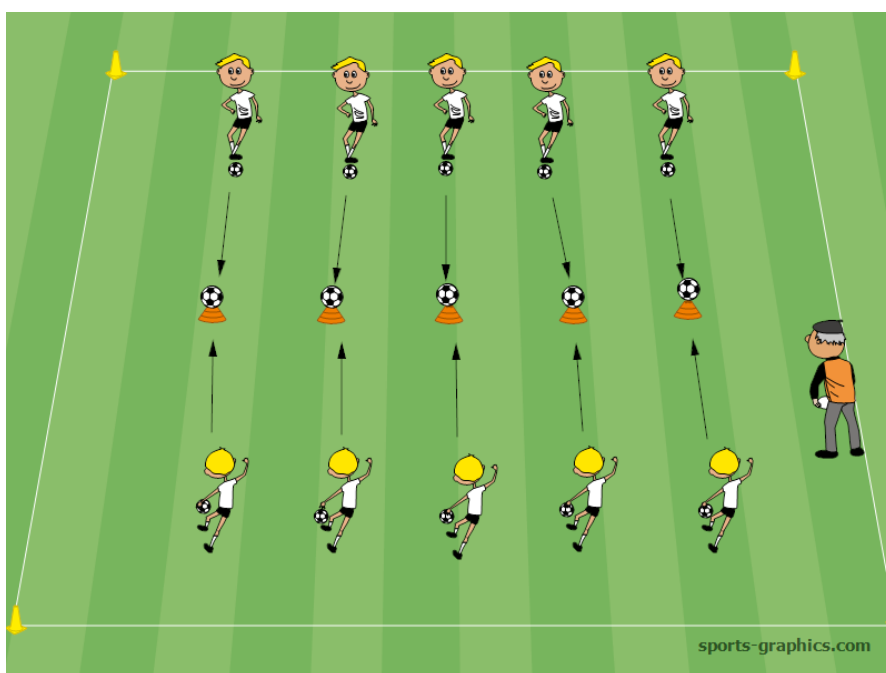
WHO GETS THE COCONUT?

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.

Arrange a line of balls on cones along the halfway line.

Position players in lines either side of the line of balls on cones.

Vary the distance from the line to increase the difficulty.

Players work in pairs with a ball each trying to pass to each other and to knock the ball off the cone.

Players keep count of how many times they knocked the ball off.

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

- Develop teamwork in pairs.
- Improve basic kicking technique.

KEY FACTORS

- Always encourage players
- Basic kicking technique
- Enjoyment of the session
- Ensure the session is relevant and age appropriate

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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