

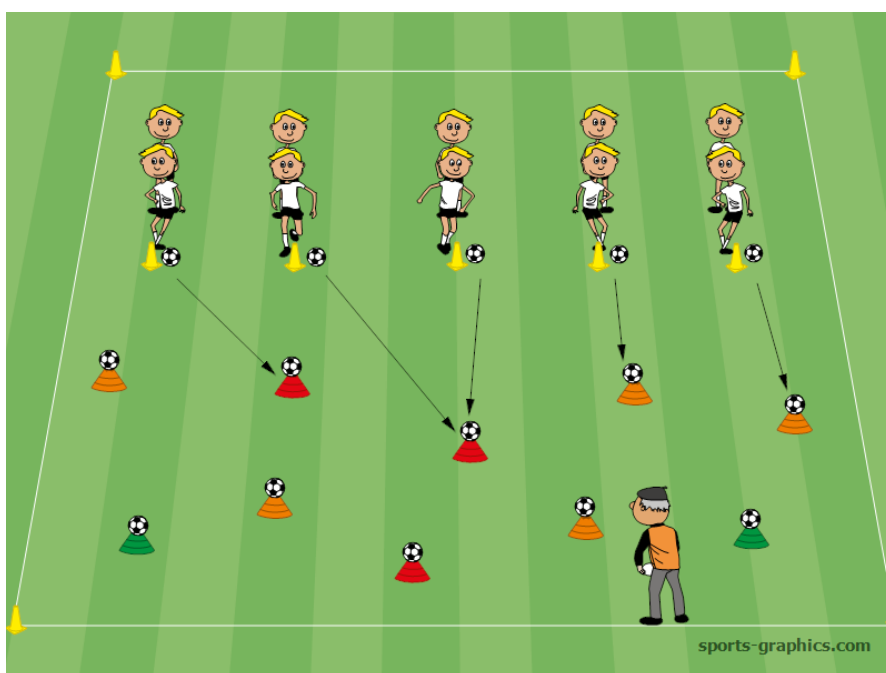
FOOTBALL DARTS

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.
Place a good quantity of cones with balls on top at one end of the area.
Arrange players into pairs with a ball per pair opposite.
The first player of each pair passes and tries to hit a ball off a cone.
Successful or not, they collect their ball and give to their partner to try.
Game can continue or most ball off 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

- Fun activity to develop teamwork.
- Improve basic kicking technique.
- Learn how to move the ball at different speeds.

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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