

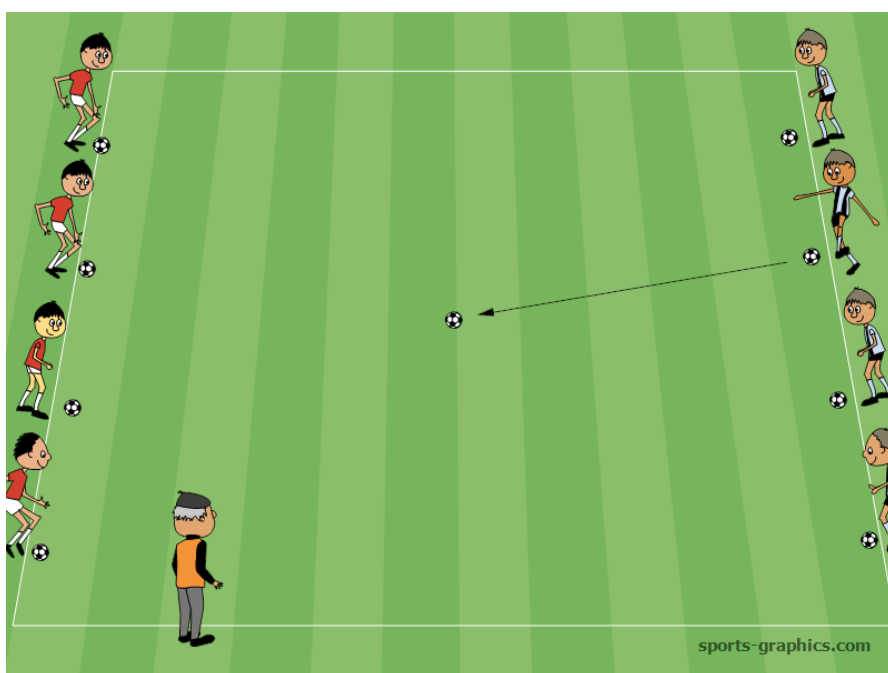
HIT THE CLOWN'S BALL

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 number of players.

Divide players into two groups and place at opposite sides of the area.

Each player has a ball and one ball (ideally a bigger ball or a different colour) is placed in the middle.

Alternating, a player from each group tries to kick their ball at the centre ball to move it across the area.

The group that knocks the central ball across the line of the opposing team, 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.

KEY FACTORS

- Always encourage players
- Basic kicking technique
- 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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