

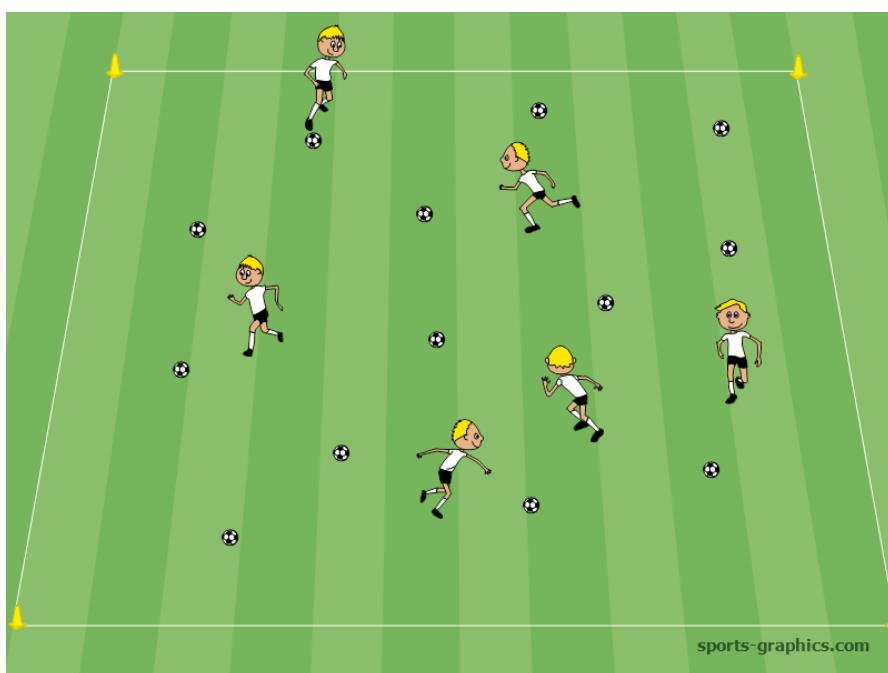
COLLECTING POPCORN

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 dotted with balls (popcorn).
Adapt size of area to suit number of players.
The group starts in one corner of the area.
Players run and place the sole of the foot on as many pieces of popcorn as they can in a set period of time counting as they go.
The player who gets the most popcorn 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

- How to use different parts of the foot.
- 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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