

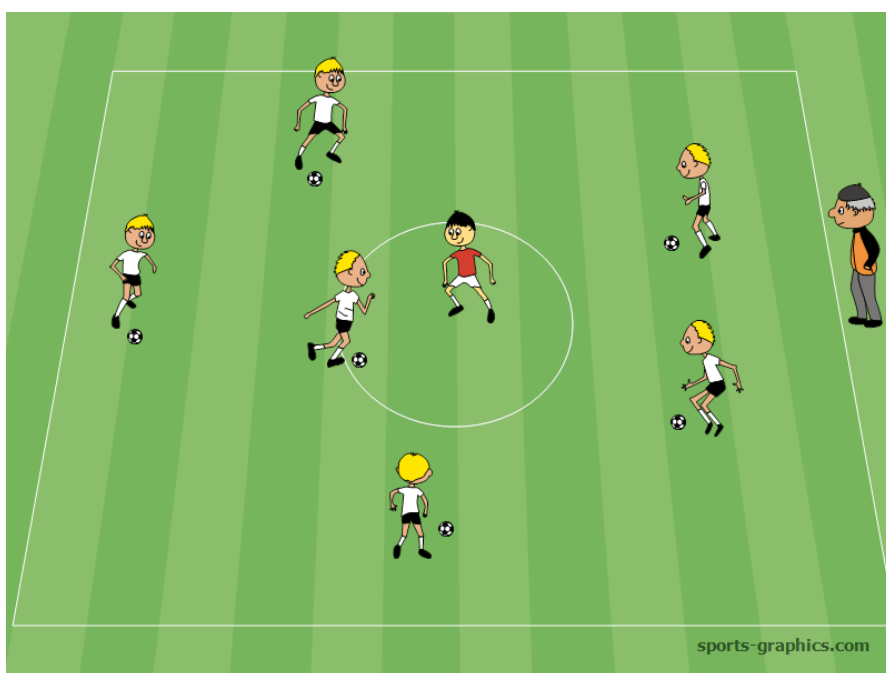
# IN AND OUT OF THE SHARK POOL

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.

Mark out a circle in the middle of the area. One defender (shark) without a ball stands in the circle.

All other players have a ball each and are dribbling around the area.

Players dribble into the circle and perform a drag back turn or (alternative method) and dribble out before the shark in the middle touches the ball with their foot.

If a player has their ball touched, they swap with the shark.

## 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 keep close control of the ball.
- How to use different parts of the foot.
- Learn how to move the ball at different speeds.
- Players begin to understand spatial awareness.

### KEY FACTORS

- Always encourage players
- Close control of the ball
- 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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