

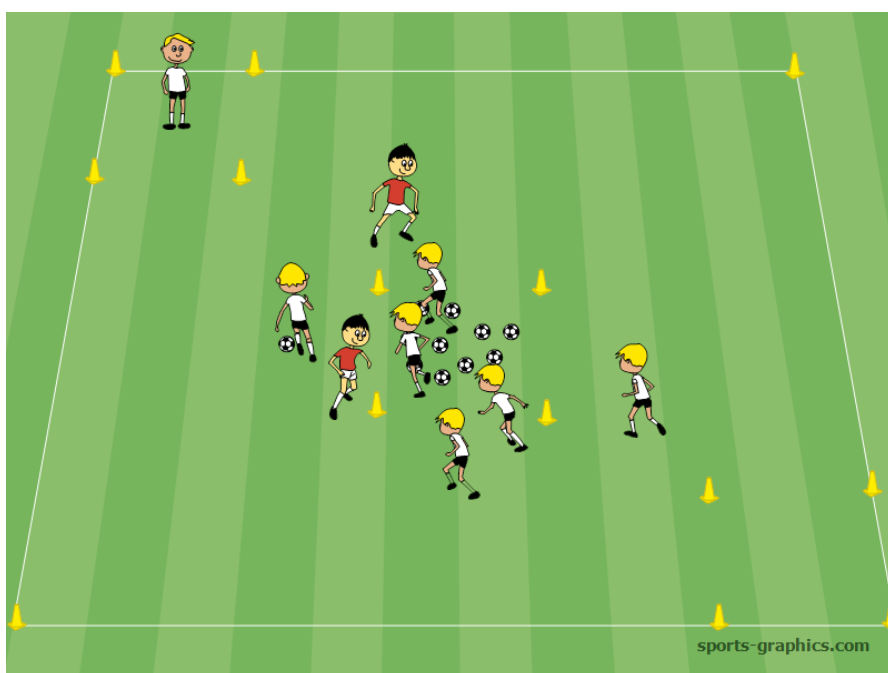
GOLD CAVES

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 5yd square in one corner to be a dungeon.

In the adjacent corner mark out a 5yd square to be a castle.

In the middle of the playing area set up a cave filled with gold (balls).

Players are divided with the majority being robbers and one or two Princes/Princesses.

The robbers are trying to steal the gold from the cave in the middle of the area and take to their dungeon.

Princes/Princesses attempt to tag the robbers who must go to the dungeon and can only be released by being tagged by another robber.

For the robbers to win they must have taken all the balls into the dungeon.

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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