

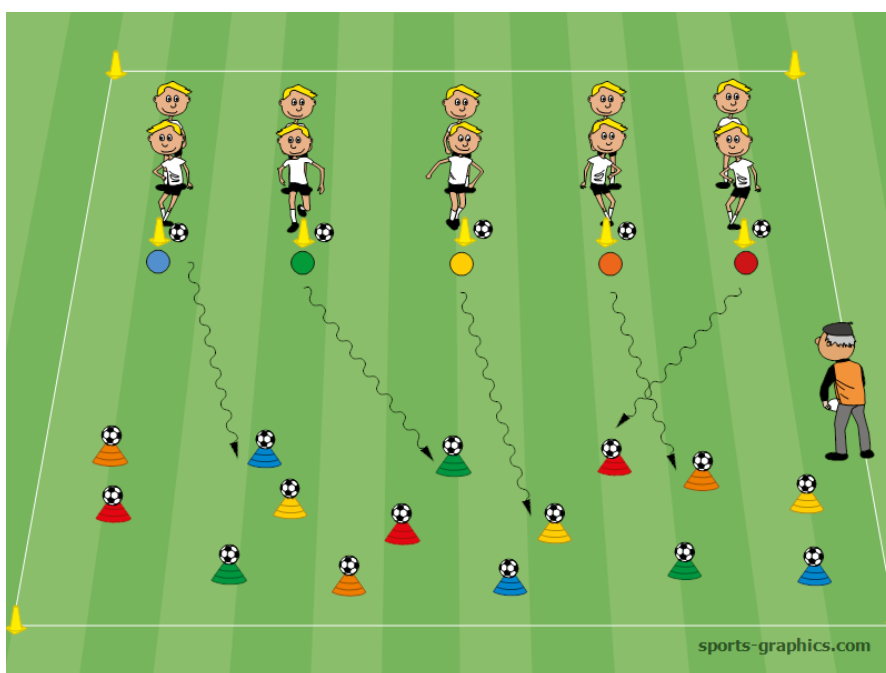
# RAINBOW

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.

Arrange different coloured cones (as many different colours as there are groups) at one end of the area with a ball on top of each. Line groups up on the other side of the area behind corresponding coloured cones with one ball per group.

One player at a time from each group dribbles and tries to knock the ball off their coloured cones.

First group with all balls 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

- 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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