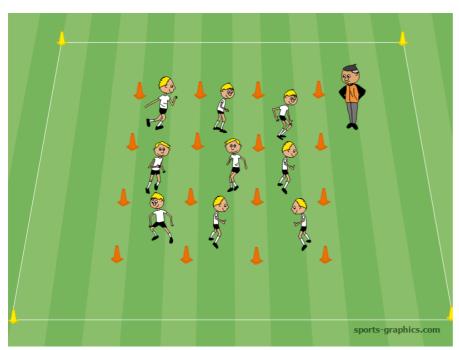


### **Fun Games**

## **Foundation Football**



Inside a 20x20 playing area set up cones to make a grid of 4-yard squares.

Have enough squares for the number of players.

As players enter their square, magic puts white paint on the bottom of their shoes. A letter of the alphabet is called out and players move within their square to make the letter with the magic paint.

To increase difficulty, have players spell words or names.

#### 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.





### **Fun Games**

### **LEARNING OUTCOMES**

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.

