

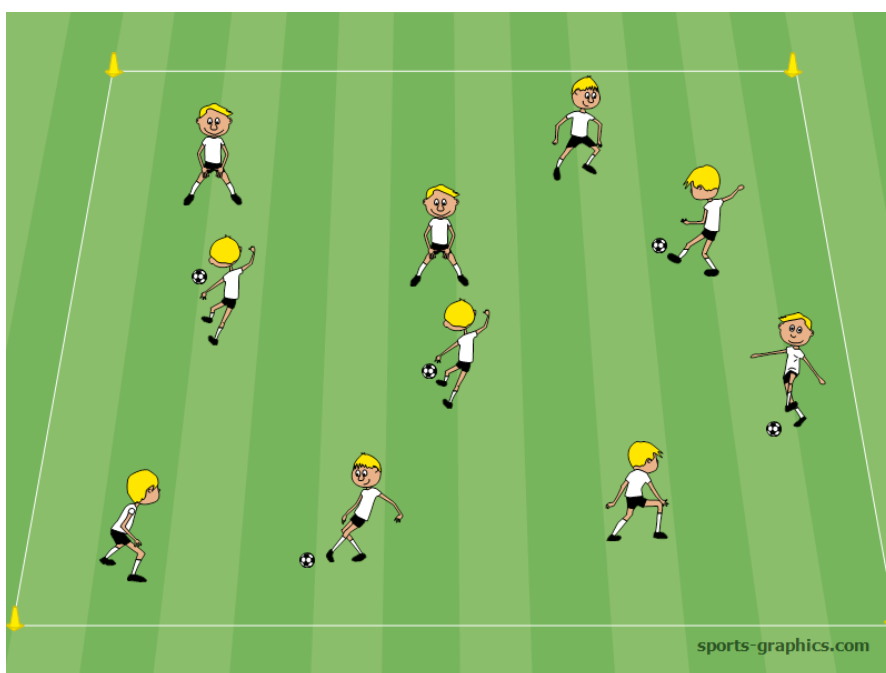
UNDER THE BRIDGE

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 players into pairs with one ball.

One player stands with legs apart, the other player with the ball starts 2yds away.

The player with the ball passes between their partner's legs.

A clean pass gets two points with one point if the ball hits legs.

Swap roles after a minute.

Increase the distance apart.

Encourage use of both feet for a challenge.

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.



Football
SESSIONS

INSPIRE TO DELIVER

Fun Games

LEARNING OUTCOMES

- Develop teamwork in pairs.
- Improve basic kicking technique.

KEY FACTORS

- Always encourage players
- Basic kicking technique
- Enjoyment of the session
- Ensure the session is relevant and age appropriate

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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