

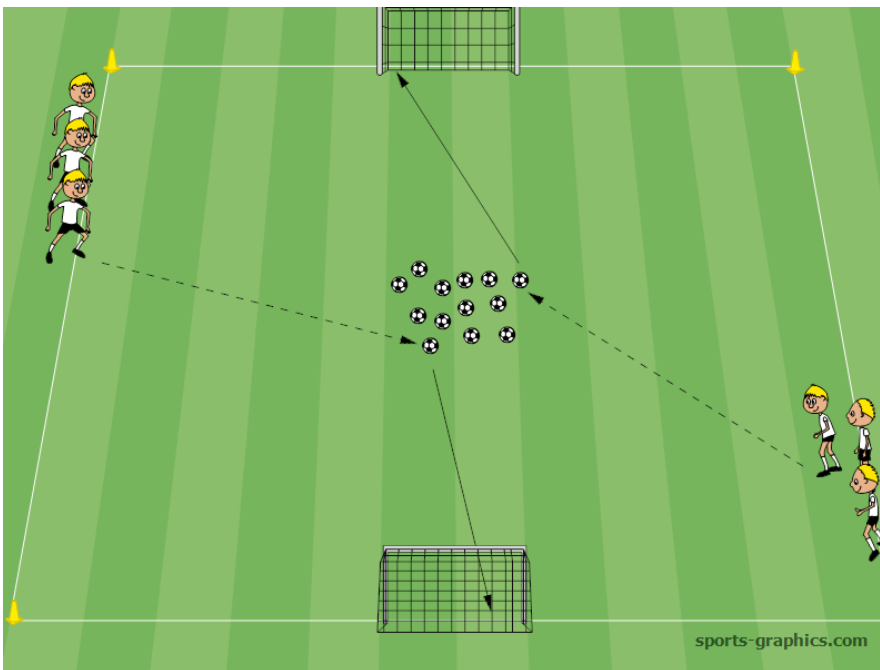
CIRCUS ANIMAL ROUNDUP

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 with a mini goal at each end.

Adjust the size of the playing area to suit number of players.

Divide players into two groups and arrange at diagonally opposite corners.

A quantity of balls (circus animals) is placed in the middle.

The circus animals need putting back in their cages.

One at a time from each group run into the middle to get an animal and steer it into their goal.

To increase the difficulty, players can be asked to use opposite feet or perform a trick before dribbling to goal.

The team with the most animals in their cage 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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