

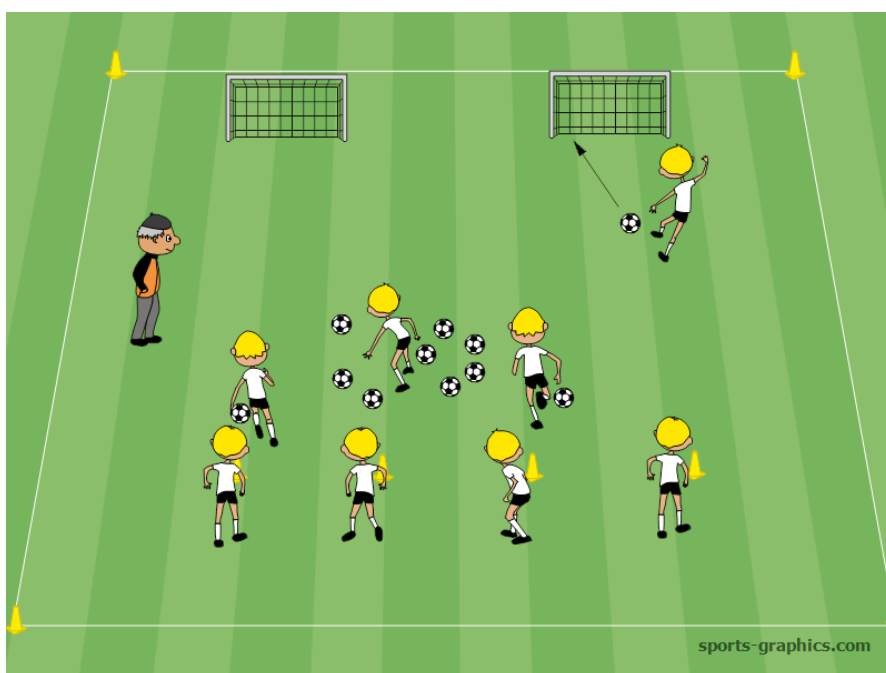
GRAB A BALL AND SCORE

To introduce the basic concepts of the game in a fun and positive learning environment

TECHNICAL

Fun Games

Foundation Football



Set up two mini goals at the end of a 20x20 playing area.

Adjust size of area to suit the number of players.

On the opposite side of the area set up a line of cones and place a pair of players at each cone.

Place a good quantity of balls in the middle of the area.

The first player from each pair runs to the balls, collects one, and dribbles and shoots at goal.

They return to their cone and their partner plays.

Play continues for a set period of time or until all the balls have gone.

Most goals win.

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

- Fun activity to develop teamwork.
- How to keep close control of the ball.
- How to use different parts of the foot.
- Improve basic kicking technique.
- Learn how to move the ball at different speeds.
- Players begin to understand spatial awareness.

KEY FACTORS

- Always encourage players
- Basic kicking technique
- 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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