

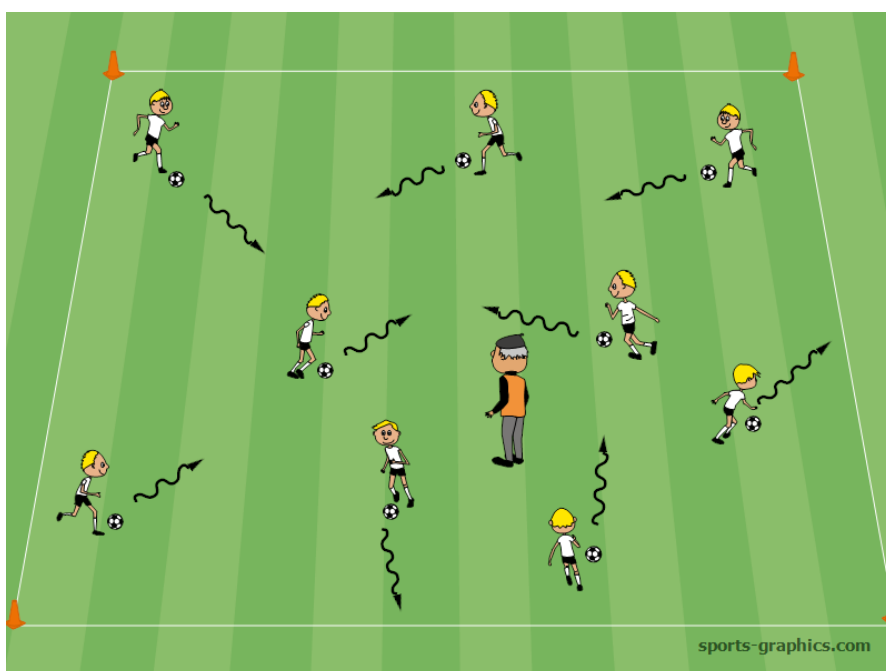
MOWING THE GRASS

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

TECHNICAL

Fun Games

Foundation Football



Set up a playing area 20x20 or adapt to suit the number of players.

With a ball each players dribble within the area.

Encourage correct technique and use of both feet.

Encourage the players to pretend to mow the grass while dribbling and even encourage mowing noises.

Bring the players in to discuss how much grass has been mowed.

Suggest that there are still areas that need to be cut to encourage players to find more space within the area. This will naturally improve spatial awareness in a fun environment

Continue mowing the grass.

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.
- Improve spatial awareness.
- 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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