

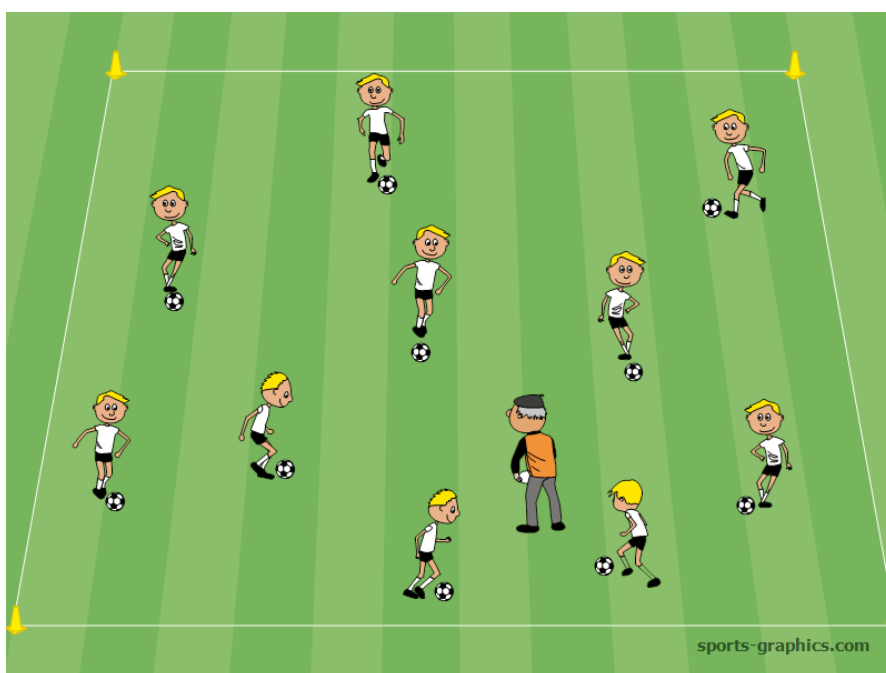
# MONKEY SEE MONKEY DO

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

TECHNICAL

## Fun Games

## Foundation Football



Players with a ball each dribble within a 20x20 playing area.

Adjust size to suit the number of players. Ensure players have their ball under close control when dribbling.

Players follow coach to perform a range of movements in between dribbling eg. left foot on ball, foot taps, knee on ball, right foot on ball etc.

Continue dribbling with ball under control.

## 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

- Basic dribbling technique.
- 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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