

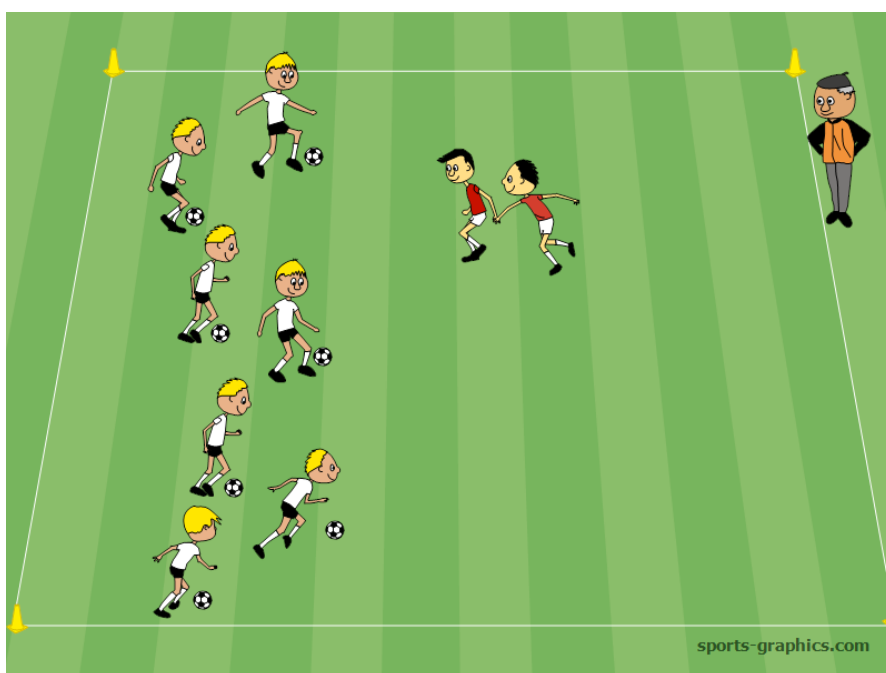
CHAIN OF CLOWNS

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 number of players.

Players with a ball each line up along one end of the area.

Two selected players (or coaches) join hands and start in the middle of the area.

Players aim to dribble past the two holding hands (chain players) to the opposite side of the area.

Repeat back to opposite side.

If a chain player kicks the ball away from a player, that player joins the chain.

If the chain breaks it must be rejoined before carrying on with the game.

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.

CHAIN OF CLOWNS

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

