

E S F A



Fun & Games in Football

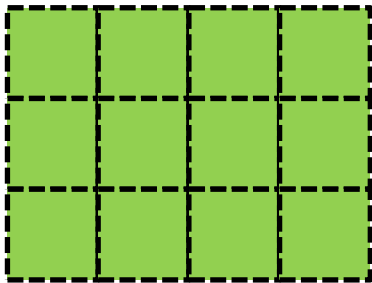


A resource bank for Primary School
Teachers

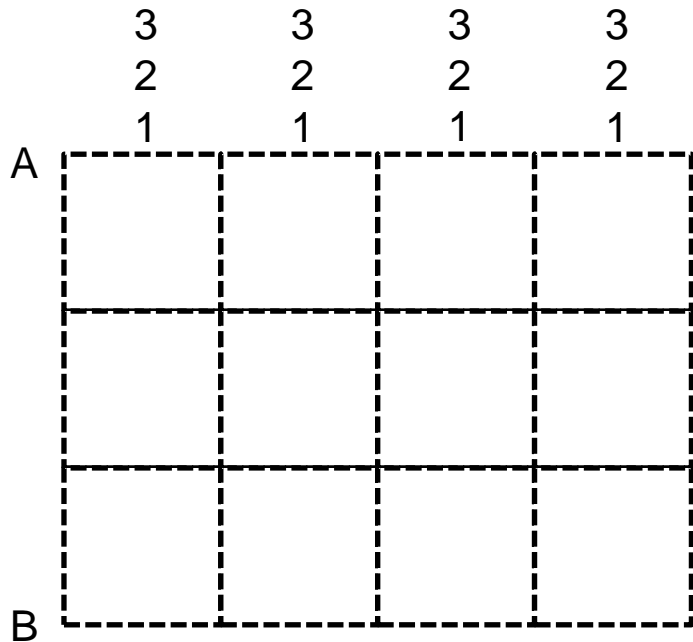


Don't lose your hat!

Purpose: Warm Up Game



(functional area shaded green)



Story:

Relay race between England, Scotland, Wales & Ireland.

Equipment:

16 cones

Organisation:

All the number 1's dribble with a cone on their head from line A to line B. When they reach line B, turn and return to line A, keeping the cone on head. Dribbler passes to next person and sits down. Use right foot on the way to B, left foot on the way back.

Technical

1. Push the ball using the laces

Points:

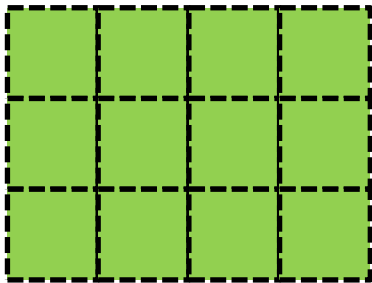
2. Keep the ball close, as though tied to a piece of string two feet long

3. When turning, move the ball first, then the body.

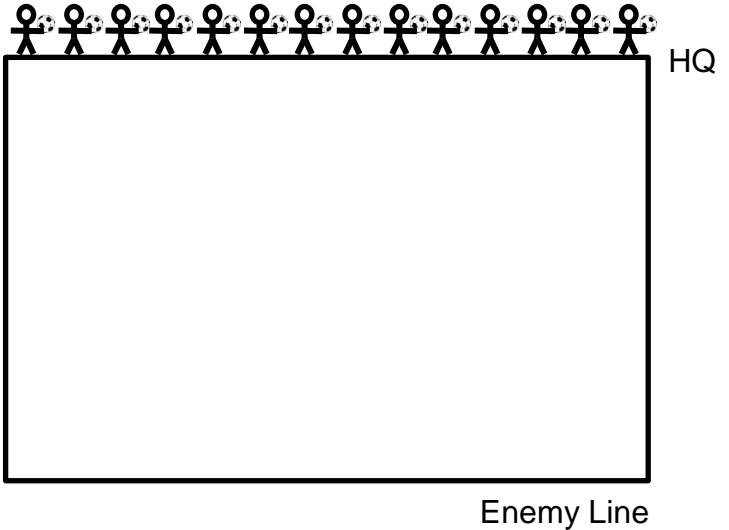


Drill Sergeant

Purpose: Warm up; ball juggling



(functional area shaded green)



Story:

The coach is the sergeant who calls out instructions. As they march across the desert the sergeant gives orders. Right thigh, left thigh, right foot, left foot, head. The balls are bombs and must not touch the ground; if it is dropped the carrier must go back to HQ. If they reach the enemy line then the game finishes. If the sergeant shouts “Bombs” then the children must kneel down and cover their ball.

Equipment:

12 balls, 4 cones

Organisation:

All kids start on the HQ line; as they march the coach gives commands e.g. left thigh, whereby the kids must bounce the ball off their left thigh and catch it. If the ball is dropped, that child returns to HQ. Game is over when first child reaches the enemy line.

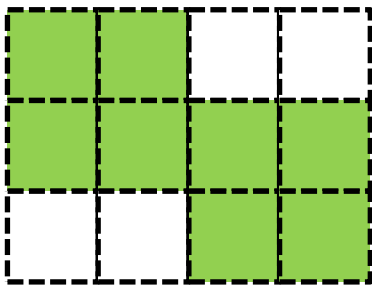
Technical Points:

- | | |
|--------|---|
| HEAD: | <ol style="list-style-type: none"> 1. Keep your eyes open 2. Bounce the ball off the forehead |
| CHEST: | <ol style="list-style-type: none"> 1. Present chest by arching back and bending knees |
| THIGH: | <ol style="list-style-type: none"> 1. Raise thigh up so that it is presented flat 2. Use thigh, not knee |
| FOOT: | <ol style="list-style-type: none"> 1. Drop the ball onto the laces 2. On impact, ankle and foot should make 45° angle |

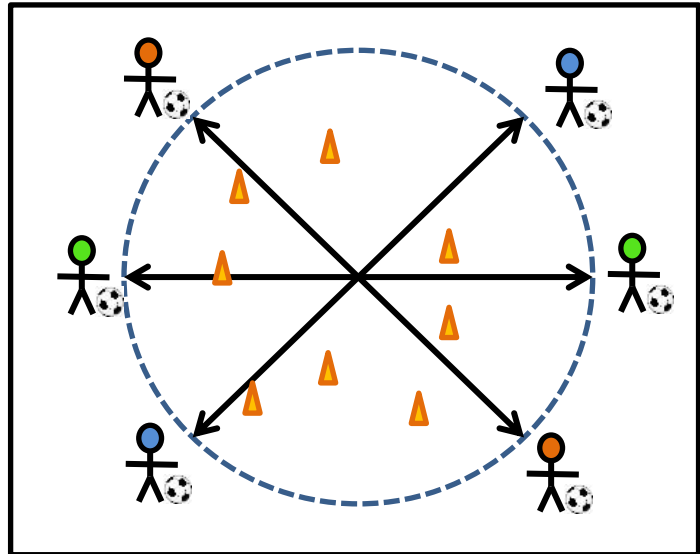


The Little Engine That Could

Purpose: Passing accuracy



(functional area shaded green)

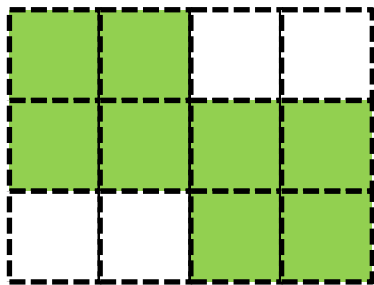


- Story:** The Little Engine trudges up the hill saying “I think I can, I think I can”. At the top of the hill he smiles and says “I know I can, I know I can!” and speeds down the mountain. But how does he cross the tracks?
- Equipment:** 6 balls, 16 cones.
- Organisation:** Three pairs dribble around the perimeter of a circle. If you say “I think I can”, they dribble slowly, “I know I can”, they speed up. When you shout “Across the tracks!”, they must pass their ball across the circle without knocking a cone down.
- Technical Points:**
1. Non kicking foot is a gun-sight.
 2. Control the ball before attempting the pass.

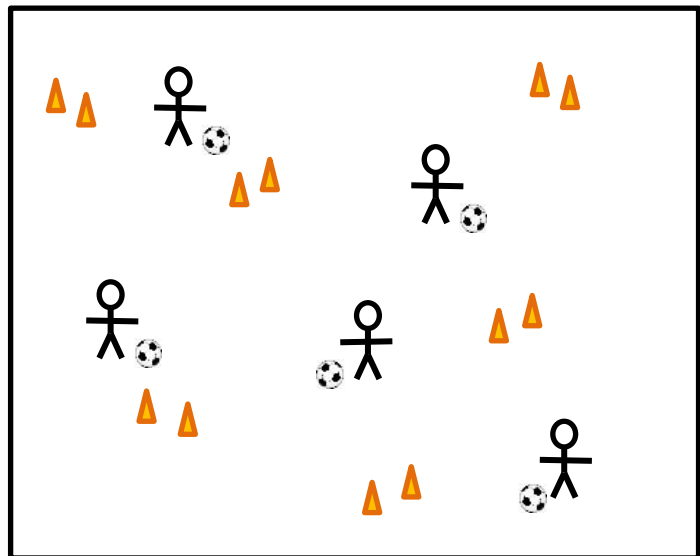


Little Red Ridinghood

Purpose: Weight of passing



(functional area shaded green)



Story:

Little Red Ridinghood is skipping through the woods on the way to Grandma's house. She has to hide from the Big Bad Wolf by dodging behind trees.

Equipment:

12 balls, 20 cones.

Organisation:

Six players start randomly within a 20 x 20 yard grid. The objective is to pass the ball through all of the gates without knocking a cone down in the least number of touches. If another ball is touched or a cone misplaced, count as one penalty shot.

Technical

Points:

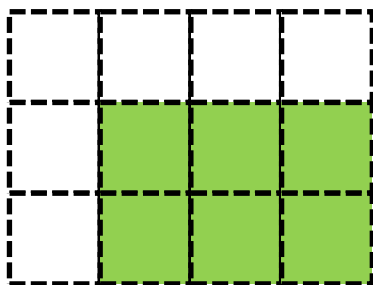
1. Strike through the midline of the ball.
2. Follow through in the direction of the target.
3. Non kicking foot is a gun-sight.



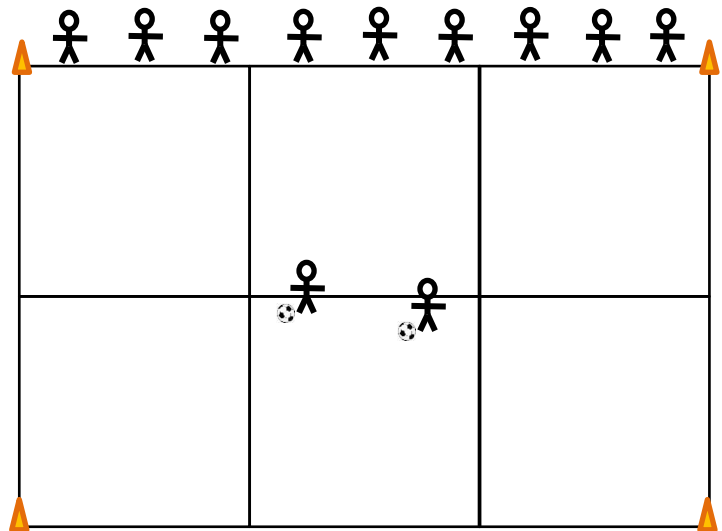
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Mercy Mission

Purpose: Develop passing accuracy



(functional area shaded green)



Story:

There is a war going on on the other side of the world. Our ten mercy mission pilots have to fly across the world to drop off much needed supplies. Some use their fingers wrapped around their eyes for a sea raid, others use their arms for wings – to get needed height to beat radar, they must avoid enemy pilots who are looking to gun them down.

Equipment:

12 balls, 4 cones.

Organisation:

Two players stand in the area with balls, ten stand on the side line with balls. On the command “take off” players run to the far sideline. The ball carriers attempt to hit the runners below the knee or on the football. Once hit, that player stays in the middle and becomes an enemy plane. Game finishes when there is only one player left.

Technical Points:

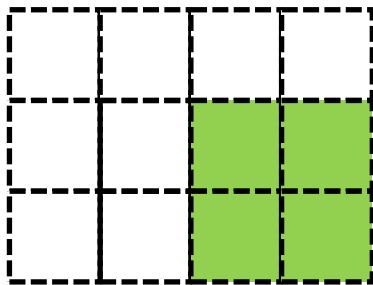
1. When striking the ball, non-kicking foot toes should be pointing at target.
2. Strike the ball with your instep
3. Strike the ball from a static position, i.e. control the ball first



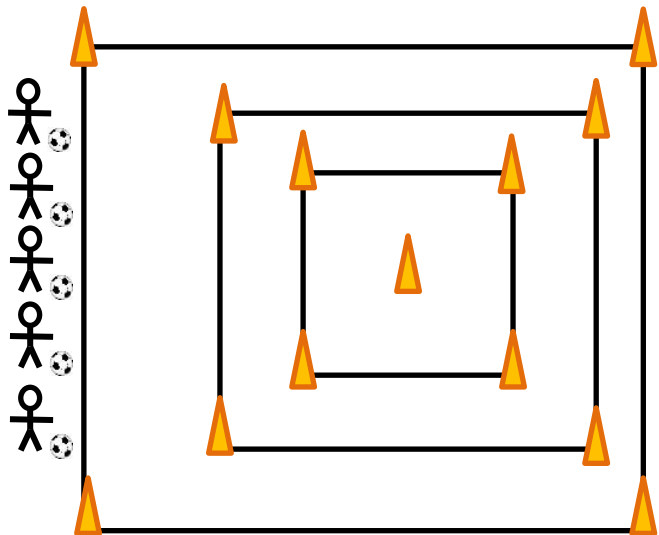
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Robin Hood

Purpose: Develop accuracy and pass weighting



(functional area shaded green)



Story:

Maid Marion is being held in the sheriff's castle. Robin Hood and his merry men are trying to rescue her. However, the castle is heavily guarded by soldiers. Robin Hood's men are safe firing arrows from the cover of the woods

Equipment:

12 balls, 11 cones.

Organisation:

Split the above diagram into two groups. From a starting line (in the woods) the children have to pass the ball and attempt to get the ball as close to the centre cone as possible. If the ball hits the centre cone and stays in the middle square, they get 10 points. If it lands in the middle square, 5 points. If it lands in the large square, they get 3 points. 50 points saves Maid Marion.

Technical

Points:

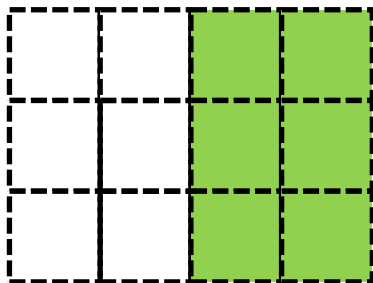
1. Non-kicking foot should be placed 4-8 inches to the side of the ball, toes pointing toward the target.
2. Strike the ball with your inside of the foot



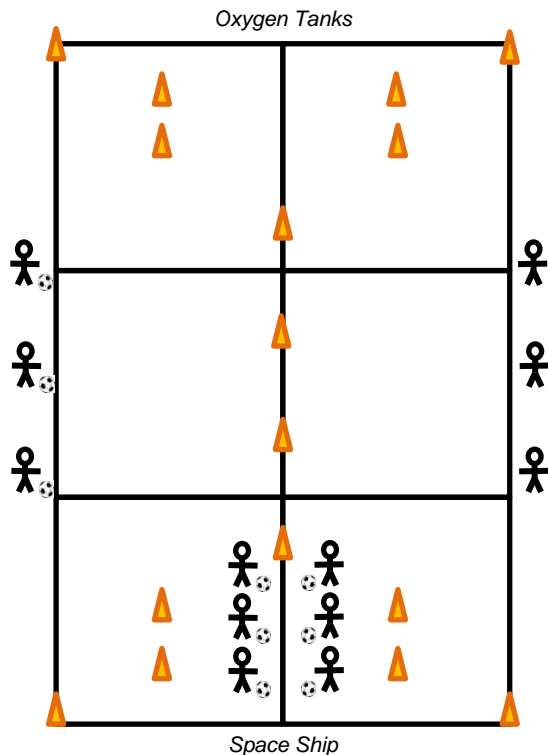
FUN & GAMES IN FOOTBALL

Star Trek

Purpose: Passing



(functional area shaded green)



Story:

Captain Kirk and his crew have been stranded in a far off time zone in their space ship. Oxygen is running out. In order for them to survive they have to travel through two time zones to get more oxygen from the oxygen tanks. It's treacherous journey with asteroids being the main danger.

Equipment:

11 balls, 15 cones.

Organisation:

Have two teams of six: six crew members start in the space ship. Two at a time, the crew members dribble their balls in and out of the cones and attempt to get to the new oxygen tanks without their balls being hit by the aliens' balls. Once they get to the new oxygen tanks, crew members swap their ball for new ones and dribble back. Then the next two go. When everybody has gone, rotate teams. The team with the most oxygen tanks refilled wins. If the oxygen tanks are hit in the two time zones, then tanks have to be returned.

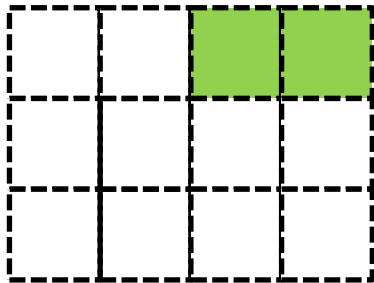
Technical Points:

1. Place the non-kicking foot comfortably 6-10 inches from the ball, toes pointing in the direction the ball needs to go.
2. Strike the ball through the centre with the instep.

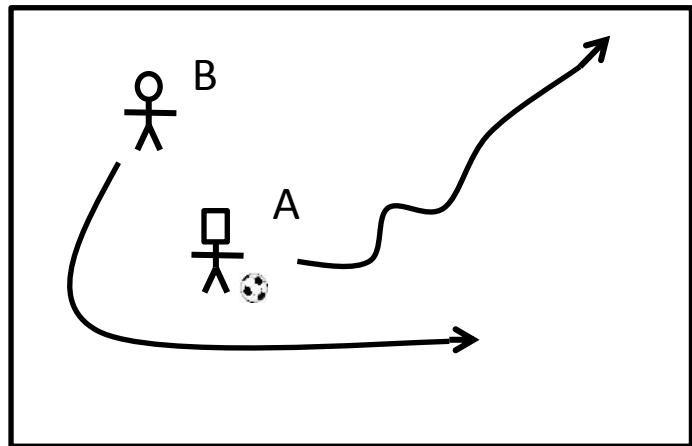


Transformers

Purpose: Dribbling technique



(functional area shaded green)



Story: The Autobots are being chased by the Decepticons

Equipment: 6 balls, 20 cones.

Organisation: Set out 10 x 20 yard grids per pairing. Player A starts in front of player B. The object of the game is for A to lose shadow B, without any resistance from B for the ball. Coach says "Autobots, assemble", at this point, they freeze like statues.

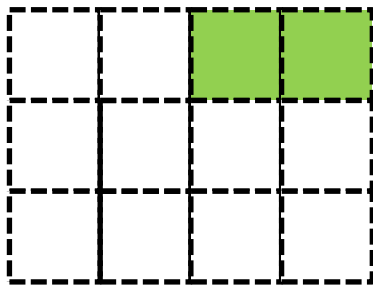
Technical Points:

1. Concentrate on the ball not the partner.
2. Push the ball two or three feet in front between touches.

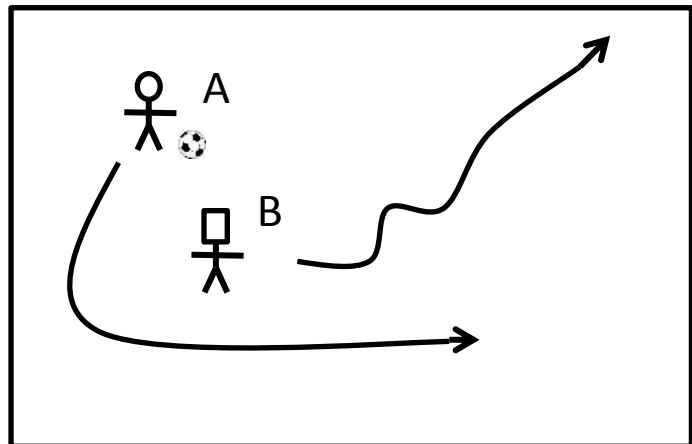


Decepticon's revenge

Purpose: Dribbling technique



(functional area shaded green)



Story: Now the shoe is on the other foot. The Autobots are on the trail of the Decepticons.

Equipment: 6 balls, 20 cones.

Organisation: Set out 10 x 20 yard grids per pairing. Player A starts behind player B. Player A has the ball. Player A shadows player B. Coach says "Autobots!" And the kids freeze like statues and reply "Assemble!"

Technical Points:

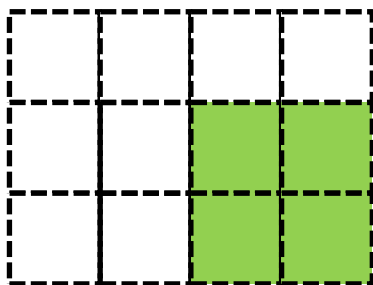
1. Now encourage the kids to look up between touches
2. Continue to push the ball two to three feet (on the leash) between touches.



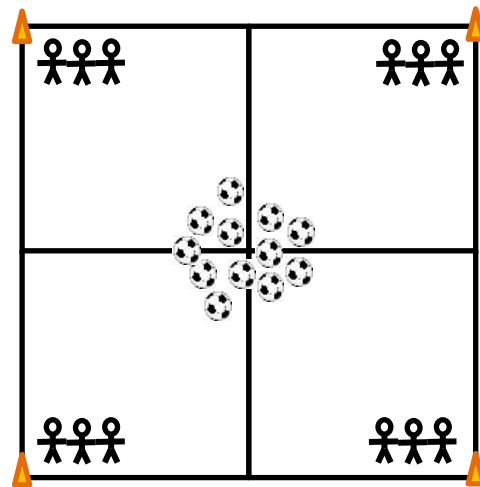
FUN & GAMES IN FOOTBALL

The Flintstones

Purpose: Develop dribbling & turning technique



(functional area shaded green)



Story:

Fred, Barney and Wilma have to run into Bedrock to pick up some Triceratops burgers. The first to get three steaks on the BBQ wins.

Equipment:

12 balls, 4 cones.

Organisation:

In a 20 x 20 yard grid, four teams are arranged in the four corners of the grid. On the command go, one person from each team sprints to the middle, turns with the ball and sprints back to their home. The winners of the game are the team who are all sitting down on their balls at the start cone

Technical Points:

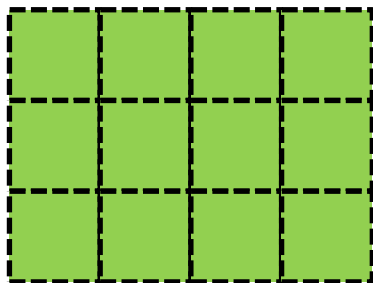
1. As you approach the ball, plant the non-dribbling foot directly behind the centre of the ball.
2. Hook the ball with the instep of the dribbling foot into the pathway leading back to cone.
3. Keep head up, looking about 3m ahead so that the ball and all options can be seen.



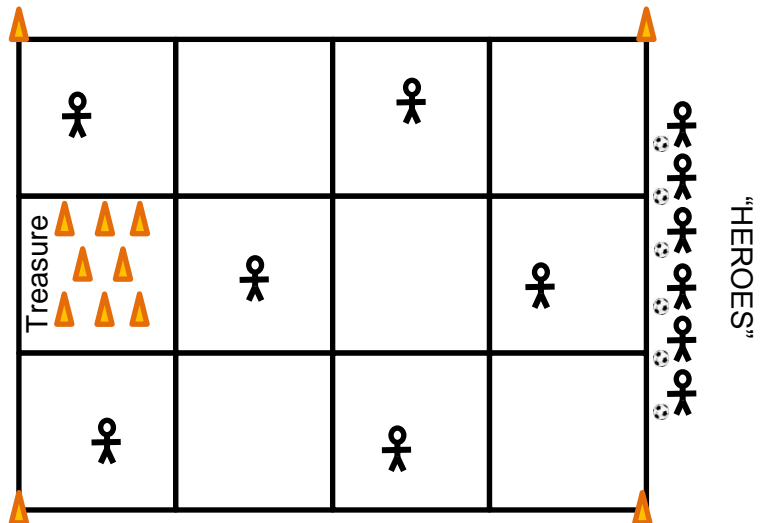
FUN & GAMES IN FOOTBALL

The Trog's Treasure

Purpose: Develop dribbling with the ball and beating an opponent



(functional area shaded green)



Story:

The magnificent six have keys which will enable them to open the treasure chest in the treasure cave. One at a time, they try to “weave” their way around the trogs to get to the treasure cave. They must all get there, as the chest requires all six keys to open the lock.

Equipment:

6 balls, 12 cones, 12 children.

Organisation:

On the coach’s command, the six heroes dribble their balls past the trogs, who are all in “crab” positions in a given square. The trogs must stay in their caves. If the heroes get through they get a point. If the trogs capture a key, they (the trogs) get a point.

Technical Points:

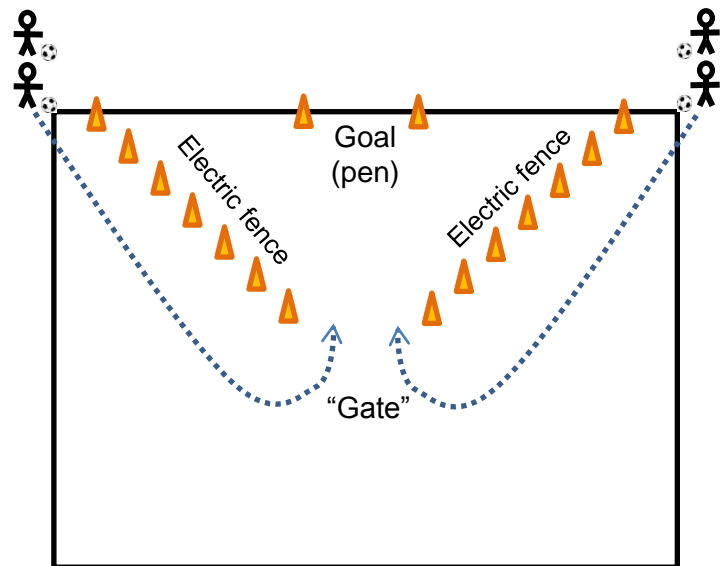
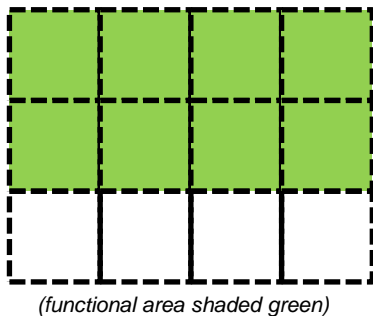
1. Push the ball with laces as though it is tied to your foot with a piece of string.
2. When approaching a defender, push the ball into open space and change direction.
3. As you approach a defender, speed up to get past him/her.



FUN & GAMES IN FOOTBALL

Sheep in the Pen

Purpose: Practice dribbling and shooting under pressure



Story:

We have a race between a farmer from each team who has a sheep (the ball). They run around the electric fence and through the gate. The first farmer through the gate with a sheep tries to put the sheep in the pen. The second farmer through the gate leaves his/her sheep and tries to stop the "penning".

Equipment:

12 balls, 20 cones.

Organisation:

Two teams line up equidistant from the gate. One at a time a player from each team dribbles a ball around the electric fence. The first player through the gate can shoot at the goal. The other player leaves the ball and runs through the gate to try and stop opponent from scoring.

Technical Points:

1. Dribble with your head up so you can see the ball and your options.
2. Use both feet and dribble with the laces.
3. Shoot with instep or the laces.

Adaptations:

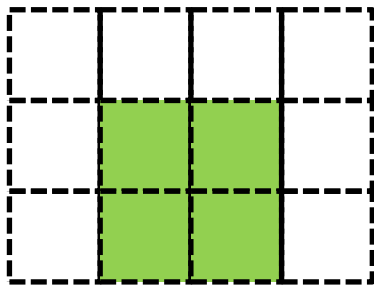
1. Place a goalkeeper (wolf) in the goal.
2. Make players dribble in and out of cones.



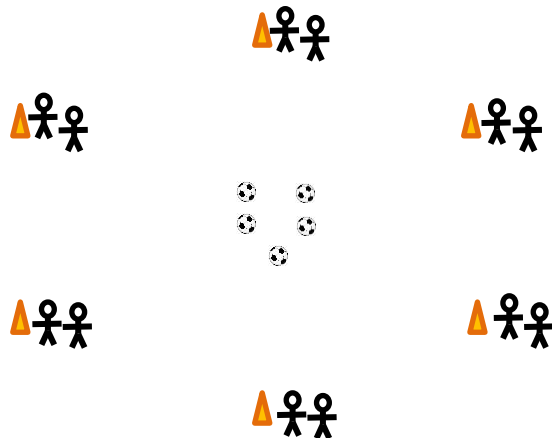
FUN & GAMES IN FOOTBALL

Cowboys on a Gold Hunt

Purpose: Develop the concept of dribbling and turning



(functional area shaded green)



Story:

Six greedy cowboys are on a gold hunt. They and their horses have been on the trail for ten days looking for the gold. Suddenly they find a stack of gold. There is enough gold to go around, but being greedy cowboys, they will not share. The cowboy left without gold is shot and out of the game.

Equipment:

6 balls, 6 cones.

Organisation:

Six pairs stand in a circle by the cones. On the words "saddle up", one of the pair jumps up on their partner's back. On the word "go", the partner on the back jumps off, crawls through the standing partner's legs, sprints to the balls, turns, sprints with the ball back, kicks the ball through the "horse's" legs, stops the ball on the other side and saddles up again. Each round a ball is taken out of the middle. Partners change over when the gold nuggets are down to one.

Technical Points:

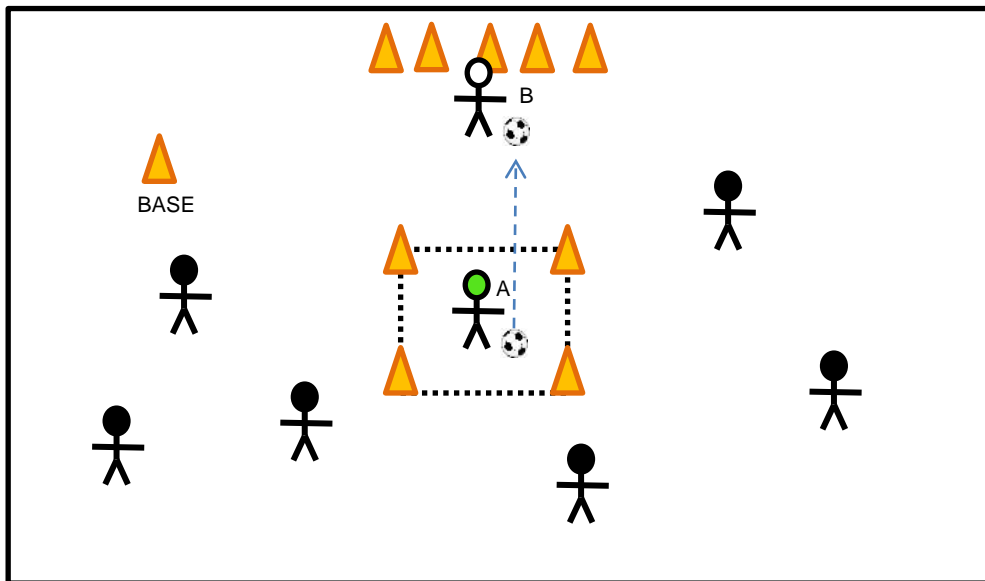
1. Dribble the ball as though it is tied to your foot with a piece of string 2-3 feet long.
2. Keep your head up whilst dribbling.
3. Use your laces when dribbling.



FUN & GAMES IN FOOTBALL

Field of Dreams

Purpose: Develop passing, dribbling and control



Story: In the “Field of Dreams” baseball is the name of the game.

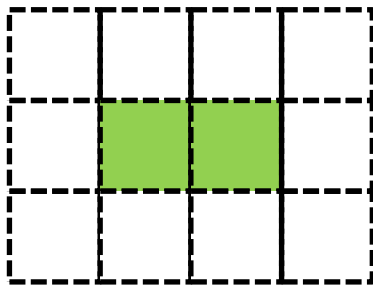
Equipment: 1 ball, 10 cones.

Organisation: Coach (A) delivers a pass to batter (B), who kicks the ball into the outfield. The ball is controlled by the nearest fielder, dribbled back to the pitcher’s mound and pitched by that player. The object is to knock one or more of the home plate cones down before the batter returns from rounding the base. For the batter, the object is to strike the ball, round the base and prepare to kick the ball again before it is pitched. It is a continuous game. No hands allowed. If a player traps a hard hit pass then that is considered a catch and an out. All players bat.

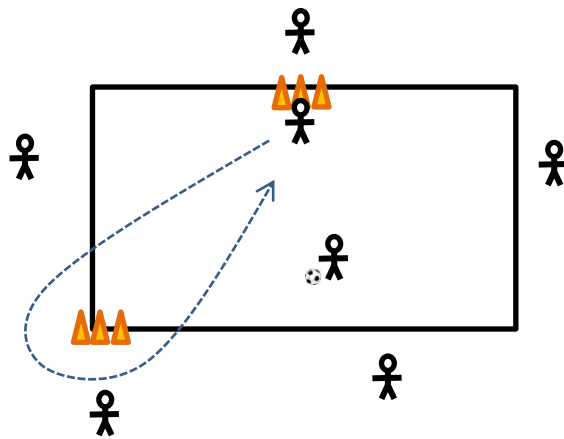


Football “Cricket”

Purpose: Develop control and accuracy in kicking the ball



(functional area shaded green)



Story:

The cones represent “wickets” that the batsman has to protect. The bowler either rolls the ball or passes the ball and tries to knock down the wickets. To score, the batsman must kick the ball and run around the other wickets. The defending (fielding) team have to either catch the ball or have the bowler knock the wickets down to get the batsman out. 3 outs and teams change over.

Equipment:

1 ball, 6 cones.

Organisation:

Two teams take turn to bat – the bowler kicks/rolls the ball from ten yards away at the wickets (can reduce width of wickets according to accuracy of bowlers). Batsman must run around other wickets (distance according to speed of two teams – try to make it difficult for batsman to get back after scoring a run). Can make the fielding team either throw the ball back or enforce no hands allowed if skill level of kids is good.


Technical Points:

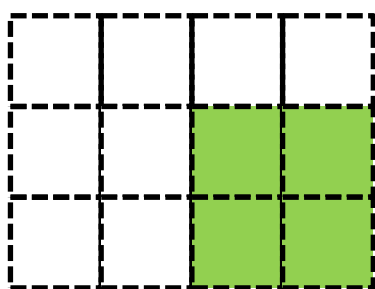
1. Strike the ball with the instep.
2. Keep the ball low by keeping your head down when striking the ball.



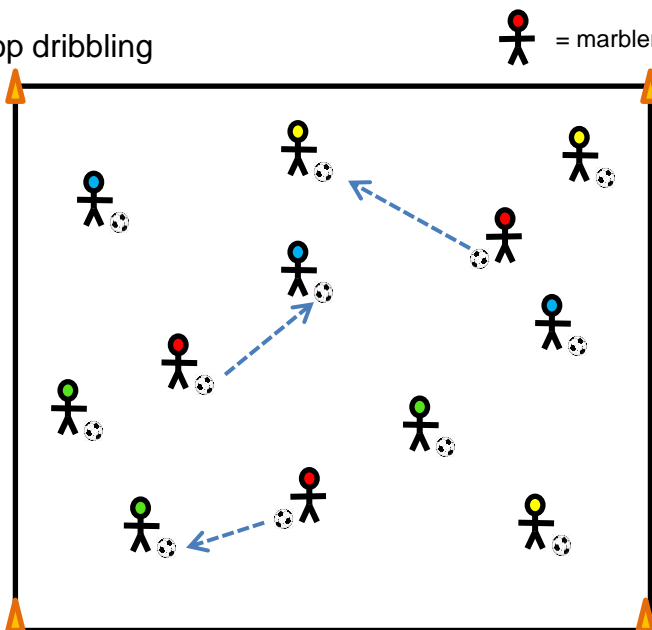
Team Marbles

Purpose: Warm up game, develop dribbling

 = marblers



(functional area shaded green)



Equipment: 12 balls, 4 cones.

Organisation: Playing area set out 25 x 25 metres. Kids are organised into 4 groups of three players each group with a different coloured bib. Players have a ball each and dribble around the playing area. Each group in turn is nominated as the “marblers” who have 30secs to catch as many players as possible by passing their football against the football of another team’s dribbling player. Once a player is marbled they pick up their ball, leave the playing area and wait at the side of the pitch for the next round.

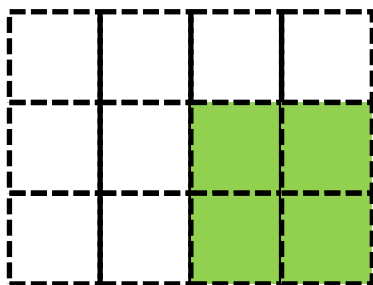
Technical Points:

1. Keep lifting your head up to observe all the other players.
2. Keep the ball close to your feet, taking small touches. Use the inside, outside, top, sole of the foot to improve ball touch.
3. When a “marbler” approaches, change direction and accelerate away into open space.
4. Protect your ball by keeping your body between the marblers and the ball. Use quick, clever moves to pull the ball out of the way to evade a pass coming towards your ball.

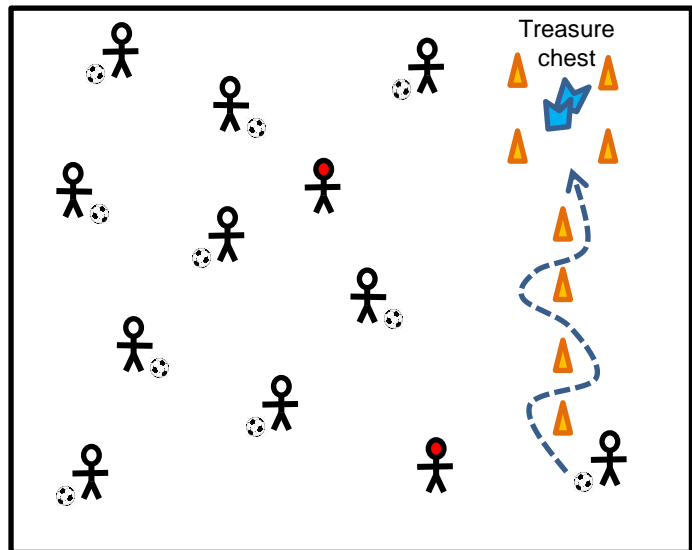
Progression: Reduce the size of the playing area.

Pirates

Purpose: Warm up game, develop dribbling



(functional area shaded green)



Equipment: 12 balls, 8 cones.

Organisation: Playing area set out 20 x 20 metres. There are 12 children, 2-4 of whom are pirates [reds]. All other players have a ball each and a bib tucked into the back of their shorts (the treasure). Pirates attempt to steal the treasure and take it to the treasure chest. To retrieve their treasure players must walk the plank (dribble through the cones) before collecting it from the chest and returning to the game. Change pirates regularly.

Technical Points:

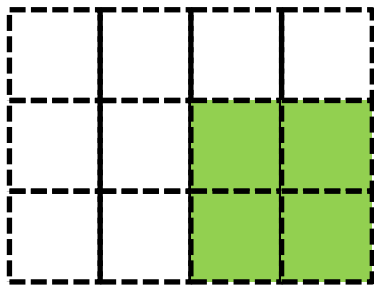
1. Keep lifting your head up to observe all the other players.
2. Keep moving into spaces away from the pirates.
3. Turn away from pirates if they get close.
4. Use little touches on the ball to keep it under control and on the playing area.
5. Be clever and practice your dribbling moves using all parts of the feet to evade the pirates.

Progression: Increase the number of pirates/Pirates have to dribble a ball as well.

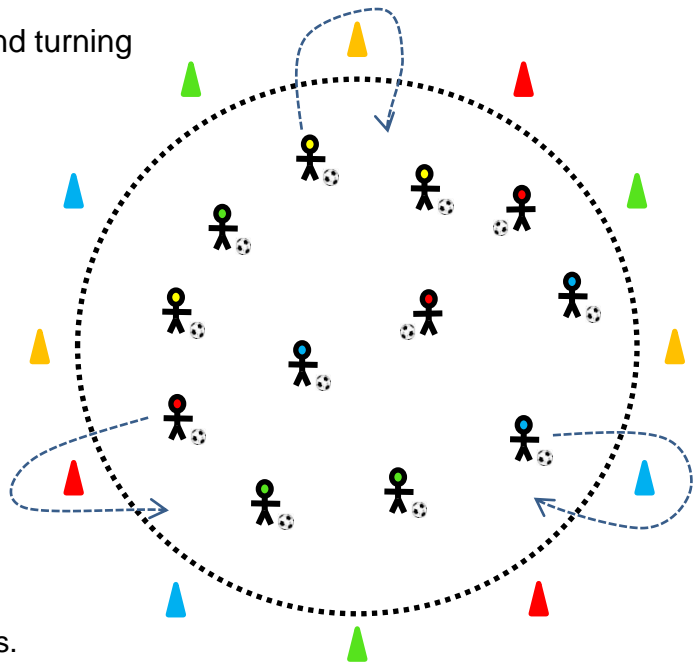


Home and Away

Purpose: Develop dribbling and turning



(functional area shaded green)



Equipment: 12 balls, 12 cones.

Organisation: Playing area set out 20m circle. Coloured cones or markers must be evenly distributed around the perimeter of the circle. 4 teams of 3 or 4 players are created with bibs corresponding to the cone colours. Players have a ball each and practice their dribbling within the circle. When the coach calls “Home”, each team has to leave the circle, dribble around one of the cones of the same colour as their bib and dribble back into the circle. First team back gets a point.

Technical Points:

1. Take little touches on the ball for close control. Practice dribbling with the inside and outside of both feet.
2. Look over the top of the ball to see the other players and avoid collisions.
3. On the call of home or away, make your choice of cone quickly
4. Having dribbled up to the cone, make a tight turn using the inside of the big toe or the outside of the little to manoeuvre the ball around the cone.

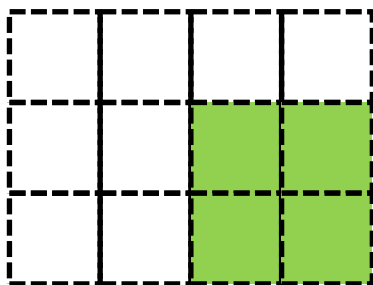
Progression: On the call of “away” players have to dribble around the other three teams’ cones returning to the middle each time before moving onto the next colour. First team back gets 3 points.



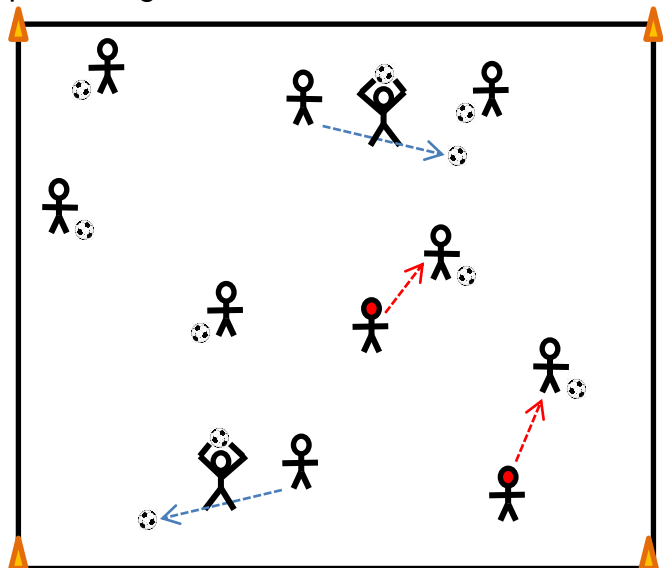
FUN & GAMES IN FOOTBALL

Stuck in the Mud

Purpose: Warm up game, develop dribbling



(functional area shaded green)



Equipment: 12 balls, 4 cones.

Organisation: Playing area set out 20 x 20 metres; 12 players with a ball each, 2-4 catchers without a ball. Players with a ball dribble around the playing area, avoiding being tagged by the chasers [red]. Once tagged, the players are then “stuck in the mud”. They stand still with their feet shoulder width apart and their ball held above their head. Any free player can release a tagged player by passing their ball between their legs of the “stuck” player, who then re-joins the game. The chasers have a set time e.g. 90 secs, to catch all the players in the game.

Technical Points:

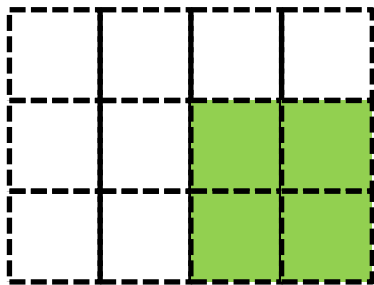
1. Work together to catch the whole group [Chasers]
2. Keep observing the chasers and dribble away from them [Dribblers].
3. Use all parts of the foot to keep close control.
4. Be clever on the ball, use your turning techniques to change direction and get away.
5. Be a good team player – look for opportunities to free stuck team mates.



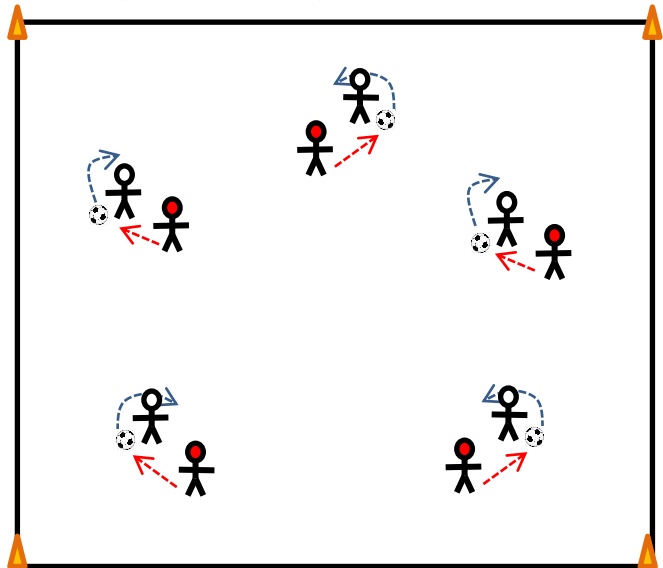
FUN & GAMES IN FOOTBALL

Foot On

Purpose: Warm up game, develop turning and shielding



(functional area shaded green)



Equipment: 1 ball between 2.

Organisation: Playing area set out 20 x 20 metres; Players work in pairs with one ball between two. The player with the ball dribbles around the area, protecting the ball from the opponent by changing direction, turning and shielding the ball. The player without the ball has to get in front of the dribbler and put the sole of their foot on top of the ball. Change over after 30 secs or 3 “foot ons”.

Technical Points:

1. The player with the ball needs to keep looking up to observe their partner.
2. Protect the ball by getting into a sideways body position with the ball on the outside foot.
3. As your partner approaches, turn away keeping your body between the ball and your opponent.
4. Accelerate into space once you have turned away from your partner and then get your head up to observe.

Progression: Players use the weaker foot only. For older children, move on to warm up game “Team Marbles”.