Footgolf

Teaching Points Equipment can include

* Take it in turns Footballs, Cones, Poles course created by children
* Follow the rules/fair play

Aim:

* To get the ball in the hole with as little hits/kicks as possible

Instruction

* Set up a 9 hole course, use cones to represent the hole and can put a pole next to it as well
* Get kids to help design the course and be creative, Blue cones are water, yellow are sand dunes etc.
* Now you have your golf course/holes set up it’s time to play
* As to avoid standing and waiting for too long, players should start at their own hole that they created.
* The team/a partner should help keep score by counting how many times they kick/hit the ball before they get it in the hole.
* Note down the score and then the partner/next person should have their go
* Once all completed at that hole they can move on to the next hole and wait their turn. Hole 1 move to Hole 2. 2 to 3….. Hole 9/Last hole move to hole 1.

Points

* The player and/or team with the lowest score wins.

Tips/Progressions

* Keep reminding children to play fairly, take their turn and keep track of their scores.
* Move around each group to help them
* To avoid confusion, once all players on the team have completed a hole, you can ask them to sit down. Once everyone has sat down you can then blow the whistle for them to move on to the next hole.

Football Tennis

Teaching Points Equipment can include

Aim:

* To hit the ball over the net without letting the ball roll
* Encourage communication and teamwork

Instruction

* Set up a 20x15 pitch with a tennis net or benches through the middle
* Put children into two teams
* Like a tennis match the ball must be served from the back by kicking in the air and over the net
* Players can use ball juggling to keep it in the air and hit back over the net to the other team
* Each player is only allowed 1 touch
* The ball is only allowed to bounce once before another player hit it
* Try and move children to different positions

Points

* If the ball is hit out of the area, bounces twice in a row or a player takes two touches then it is a point to the other team

Tips/Progressions

* Progression = the ball isn’t allowed to touch the floor at all
* Digression = the ball is only out when it starts rolling on the floor
* Follow the rules/fair play
* No hands
* Can use feet, knee, chest, shoulders or heads to keep the ball up

Footballs, Cones, Tennis net or Benches, Balloons

Ball Juggling

Teaching Points Equipment can include

Aim:

* To keep the ball off the ground for as long as possible

Instruction

* Each player has a ball
* Start with ball either on the floor or in hands, get the ball into the air and keep it up
* Can use different body parts to keep the ball off the ground e.g. Knee, chest, shoulder and head
* Count each time the ball is hit

Points

* Each touch counts as one point
* If the ball bounces you start back at 0
* Whoever keeps it up the longest/most touches wins

Tips/Progressions

* To make easier allow 1-2 bounce(s) between each touch
* To make harder use different body parts
* Another challenge with ball juggling is to set an order of which body part needs to hit the ball. E.g. ‘I have this pro football friend called Tony Chestnut, we need to juggle the ball to his name so hit the ball on your foot (toes), then your knee, then your chest and finally your head. Can you do this in order without the ball hitting the floor’.

1 touch

Teaching Points Equipment can include

Aim:

* To hit the ball over against a wall or side using only 1 touch on the ball

Instruction

* Can only be played with 5 children max
* Number the children 1-5
* Number 1 must kick the ball using only one touch to hit the wall/bench/side
* The rest of the children take it in turns to kick the ball to hit the wall using only one touch

Points

* If a player takes more then one touch they are out/lose a life
* If a player doesn’t hit the wall using their one touch then they’re out/lose a life

Tips/Progressions

* Be on toes ready to move
* Body position is key for accuracy
* The power of the touch will determine if will be easier or harder for the next player

Watch the ball, Timing of touch

Football

Football, Wall/bench