

"SEE THE GAME, HEAR THE GAME"

SURFACE: BOTTOM

MOVE/SKILL: PULLBACK

FAST FUTBOL FUNATICS WEEK 1

WARM-UP: Focused on movement with and without the ball. Begin to develop awareness through sight and sound. Learning basic agility and control.

ACTIVITY 1: "GET OUT OF MY HOUSE"

Goal scoring game with a focus on awareness and decision making.

ACTIVITY 2: "BOULDER DASH"

Using skill and awareness to avoid being hit by a boulder and create a goal scoring opportunity.

THE GAME: "1:1 GAME"

Each player competes to score a goal.
Progression – Once a goal is scored, a bonus ball is played on to the field for either player to score.

TIP OF THE WEEK: Ask your child to use the bottom of their foot to move a ball forward/backward and side to side. Challenge them to write the letter of their first name by manipulating the ball with the bottom of their foot.



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