

WALKING FOOTBALL

ACTIVITY 6



EQUIPMENT NEEDED

- 1 Football
- 2 Goals
- Bibs to identify different teams

SET-UP

- Split 10 players into 2 even teams.
- Each team has 1 goalkeeper and 4 outfield players.
- Teams set up in the same way they would start a normal football match.
- Kick-off is decided by playing 'Rock, Paper, Scissors'.



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HOW TO PLAY

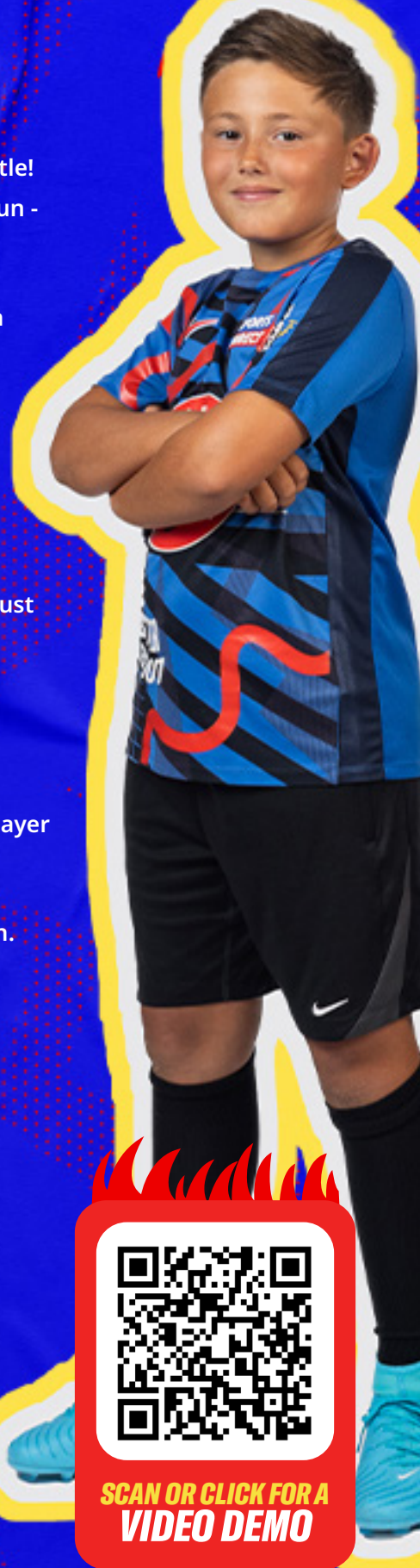
- This game is all about inclusivity and slowing the pace of the game a little!
- Players participate in a normal football match, but they cannot jog or run - everyone must walk.
- The ball cannot be kicked over head-height.
- Players are not allowed to score directly from kick-off or from their own half of the pitch.
- The winners are the team with the most goals after 10 minutes.

EXTEND

- All players on the team must touch the ball before they can score a goal.
- Each time a goal is scored the opposition can nominate a player who must hop until another goal is scored (at either end).
- Players can only use their weaker foot.

ENCOURAGE

- If a team takes a lead of more than 3 goals, the opposition can pick a player to transfer immediately to their team.
- You can nominate a player who is allowed to run for 60 seconds.
- No tackling is allowed. Players must intercept passes to gain possession.
- Make the pitch smaller or goals bigger.



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