



PLAYFUL INTRODUCTION TO FOOTBALL



Overview

- **Play-oriented warming-up**
- **Exercise ideas**
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Play-oriented warming-up

Many schoolgirls and schoolboys (SaS) want to play football in sports lessons. As a sports teacher one follows this wish with great pleasure. Therefore, according to hall size and class strength, three to four teams are formed. Two teams play against each other, while the other teams observe the match from the bank and share the thrill. Although the game is an important component in sports lessons, technical and tactical advancement should not be neglected.

Because lessons are very limited in time, the warming-up, for example, can be used to train basic and football specific techniques. The exercises at the beginning of a lesson can be specifically used to practice at least one technique intensively. Therefore, the warming-up is consciously connected with technique training to make it easier for SaS to learn the aim techniques.

The ideas offered here serve a playful introduction for the most important basic techniques in children's football. The self-created exercises are based on my experiences as a footballer and trainer.

The sketches were made with the organization planner, field planner and tactics planner of the internet platform www.sportunterricht.de.

These exercises are well suited for school classes to organize themselves. With adequate instructions of the teacher even the advancement of the games by the SaS is conceivable and can be used for the development of a detailed technique understanding.

During the further course of this article some practice examples to the following aspects are presented:

- **Endurance**
- **Sprint**
- **Reception of the ball**
- **Goal shot**
- **Pass, reception and shot on goal**
- **Heading**

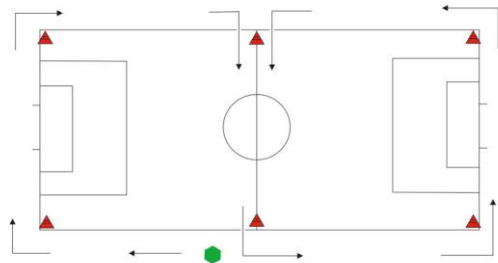
Additional exercises can be found in the KNSU- article
→ [*th_learning_of_the_basic_techniques_in_football*](#).

Exercise ideas

Endurance

Ascending run

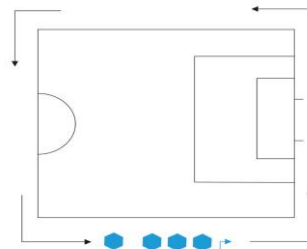
All players run together in a long queue around the mark caps. Besides, the tempo is raised after every second cap.



Sprint

Last – No thanks!

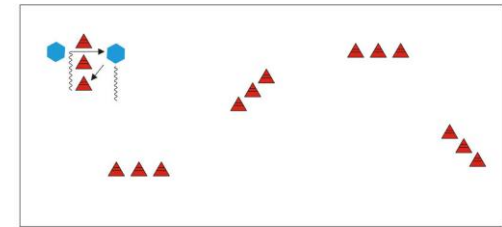
The players run in a row one after the other. The last of the row sprints along the group forwards.



Reception of the ball

Give and go pass

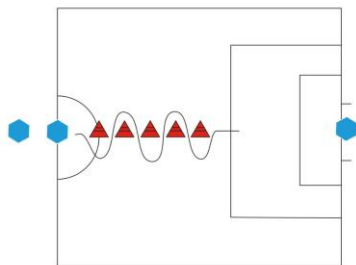
Every pair has a ball. The pairs move without default in the separated space. They play a give and go pass through the marks.



Goal shot

Slalom-dribbling

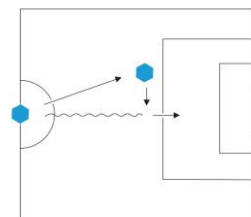
The players dribble around the cone markers before making the goal shot. Who has scored most?



Pass, Reception and shot on goal

Ball delivery

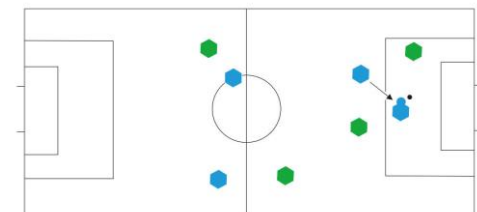
The players pass the ball to a designated player, who relays the pass towards the goal with his foot (delivery).



Heading

Header-handball

The players throw the ball to themselves and try to score a goal with a header.



References

Literature

Author	Name of Literature	Place of Publication	Date of Publication	Publisher
Schaller, H.J.	Die großen Spiele	Aachen	2007	Meyer & Meyer

Illustration / Picture

Number	Creator
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Page 4 - KNSU illustrated catalogue	Christian Wagner, modified by Willi Ahr

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