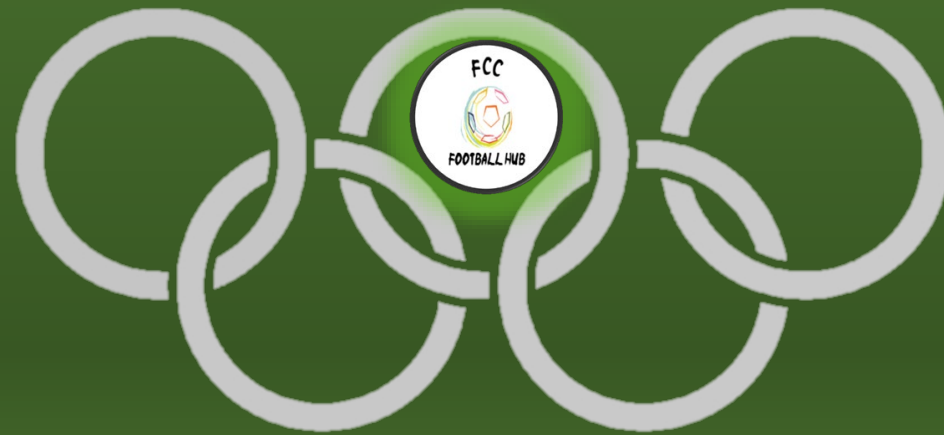


FOOTLYMPICS GAMES



10 SPORTS ADAPTED TO FOOTBALL GAMES

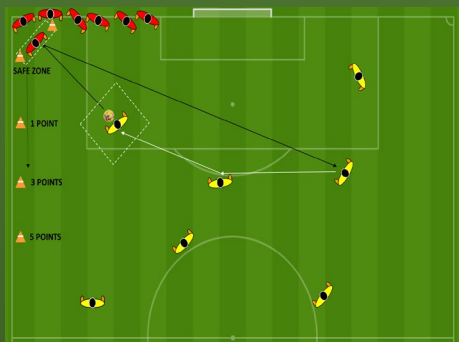




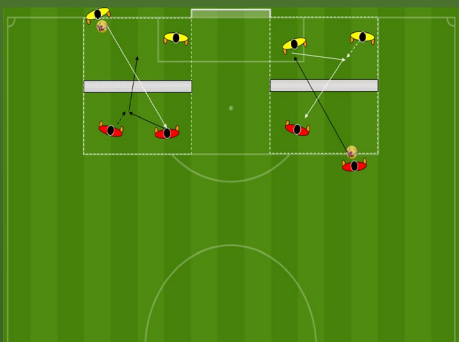
"FOOTLYMPICS GAMES"



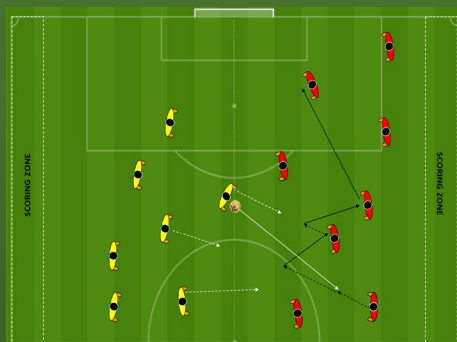
FCC PRESENTS A SERIES OF GAMES ADAPTED TO FOOTBALL



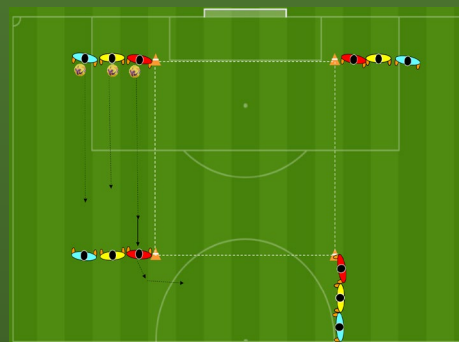
GAME 1



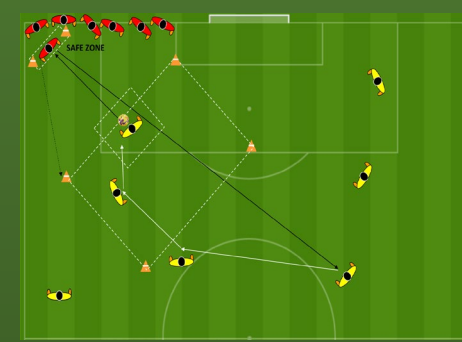
GAME 2



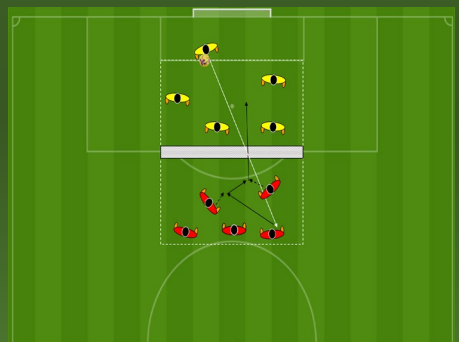
GAME 3



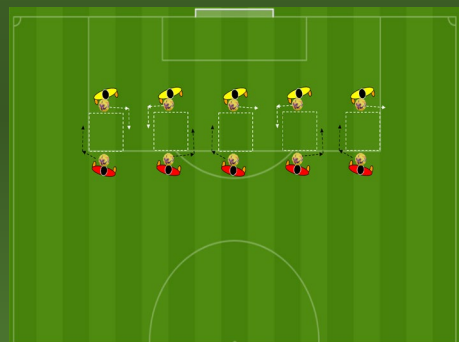
GAME 4



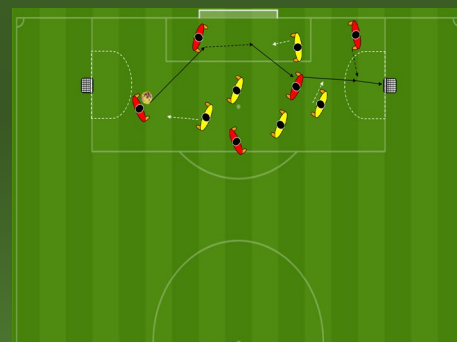
GAME 5



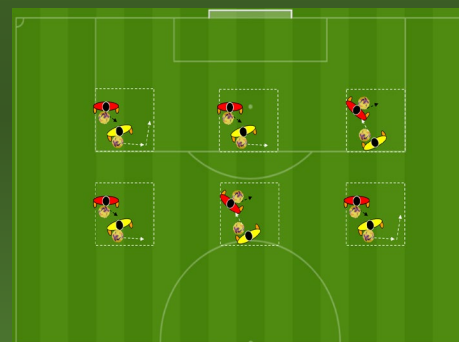
GAME 6



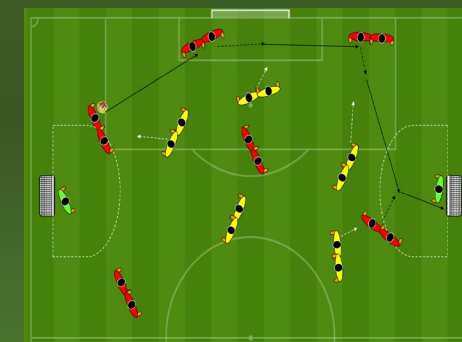
GAME 7



GAME 8



GAME 9



GAME 10





"FOOT-BASEBALL"



NOTES FROM THE COACH:

Game 1 is based on the baseball game, where the main focus for the attacking players will be to work on the defensive technical action of "**clearances**".

This game has taken the rules from baseball, and adapted them to football, where all players will play using their feet.

Foot-Baseball is a fun game that covers different aspects of the FA's 4 corner model and it is recommended for all ages, included senior teams.

This game is suggested for after the **warm up** of the training session.

Key Coaching Points:

- Awareness of free space to attack with the clearance (batter).
- Receiving skills and detail in the pass (defending team).
 - Displacement Speed (batter).
 - Communication (both teams).





GAME 1: "FOOT-BASEBALL"



TOPIC

Working on the technique and direction of the clearances.

GAME DESCRIPTION

2 teams of seven players, Reds and Yellows.

Yellow team is defending and has a player in the pitcher zone and the rest of players are spread out around the pitch. Pitcher passes the ball on the floor to the batter. When the batter kicks the ball, before batter does the run, the defending team has to get the ball to the pitcher. Defending team cannot touch the ball with their hands and the pitcher cannot come out of the zone.

Red team is attacking. A player (the batter) will kick the ball from the batting zone, holding a bib in their hand. Batter has to kick the ball forward and has to pass the pitcher zone, then run to the bases to drop the bib and get back to the safe zone to score their points.

Base 1 = 1 point; Base 2 = 3 points and Base 3 = 5 points.

Teams swap roles when the whole squad has been a batter. The first round ends when all players from both teams have been a batter, then referee (coach) counts the points.

PROGRESSION

Second round, the pitcher passes the ball on the air to the batter.

Third round, the pitcher passes the ball on the floor to the batters and these players have to kick the ball with their weak foot.

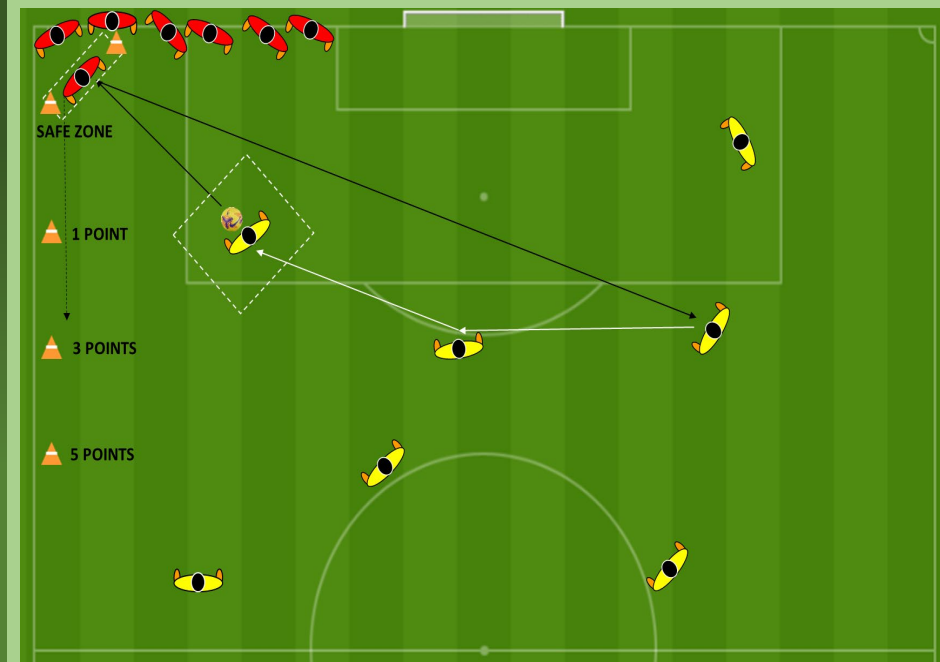
SET UP

Equipment: Balls, cones (to mark out the bases, pitcher and batter zones), bibs (reds & yellows).

Number of players: 14 minimum; 20 maximum.

Area: Half pitch. Pitcher zone a square of 5mts. Distance between bases 8 mts.

GAME GRAPHICS



THE 4 CORNERS

TECHNICAL / TACTICAL

Clearances
Passes & Receiving
Awareness of free space

PSYCHOLOGICAL

Decision making
Confidence

PHYSICAL

Strength
Displacement Speed
Coordination

SOCIAL

Communication
Team work



"FOOT-TENNIS"



NOTES FROM THE COACH:

A classic game for the recovery day is what we present as a **Game 2**. Based on the tennis game, here the main focus will be the “**receiving skills**” and “**technique of passes**”.

This game has been adapted to football taking some of the rules from double tennis, focusing on some parts of the FA's 4 corner model to make sure different elements of the football are covered when using this practice in our training sessions.

Foot-Tennis is recommended for players from U14s to senior teams.

This game is suggested as the **warm up** or **the cool down** of the session.

Key Coaching Points:

- Receiving skills to set the ball to a teammate (each player in the game).
 - Detail in the pass (each player in the game).
 - Coordination (each player in the game).
 - Communication (between teammates).





GAME 2: "FOOT-TENNIS"



TOPIC

Working on the receiving skills and detail of passes.

GAME DESCRIPTION

2 teams, Reds and Yellows, are formed by 2 players.

The game is played in a rectangular area divided by 2 areas, one for each team. Players from each team are located in their designated area (as the picture shows).

The game starts with a team serving, one of the two players will serve with a pass from the end line into the opposition zone in a diagonal way. The player receiving the service has two touches, one to receive and one to set the ball for the teammate who delivers a pass to the opposite zone.

RULES

The ball only can bounce on the floor one time in each action.

In each action, the player receiving has two touches maximum and the passer only one.

Ball needs to pass from zone to zone above the net.

If the ball does bounces the first time outside the zone, the point goes to the opposition team.

If the ball bounces twice, the point goes to the team who did the pass to that zone.

The game is played to the best of 5 sets. Using the normal tennis punctuation, every time that a team gets a point (0, 15, 30, 40, deuce, ad-point, set).

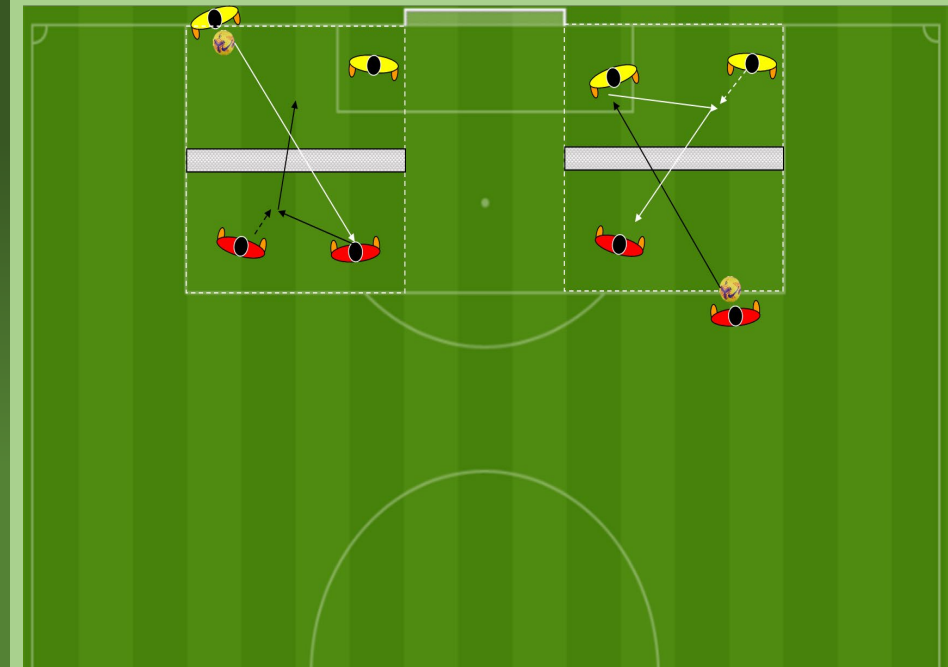
SET UP

Equipment: Balls, cones (to mark out the area), nets (can use hurdles).

Number of players: 4 per game.

Area: Rectangular area of 20x10 mts.

GAME GRAPHICS



THE 4 CORNERS

TECHNICAL / TACTICAL

Passes & Receiving
Positioning
Ball Mastery

PSYCHOLOGICAL

Decision making
Learning new skills
Gaining confidence

PHYSICAL

Coordination
Reaction Time
Flexibility

SOCIAL

Communication
Fun



"FOOT-RUGBY"



NOTES FROM THE COACH:

For the **Game 3** we have chosen the game of rugby, where we can work on different football technical skills, both attacking "**dribbling**" and defending "**tackles**".

We use one of the passing rules from rugby to put some input on using the weak foot for players to gain confidence when passing the ball to a teammate.

Foot-Rugby can be played with kids, however the game has some tactical elements that makes more recommended for players from U16s to senior teams.

This game is suggested to play after the **warm up** of the training session.

Key Coaching Points:

- Speed when dribbling the ball (all players).
- Forward passes with the weak foot (attacking players).
- Forward runs into free spaces (attacking players).
- Tackles, interceptions and blocks (defending players).





GAME 3: "FOOT-RUGBY"



TOPIC

Developing the forward passes using the weak foot and the dribbling with the ball.

GAME DESCRIPTION

We have 2 teams, Reds and Yellows, formed by eight players on each team.
The game is played in half pitch, having two scores zones in each end of the pitch.

RULES

Game starts with a player from a team passing the ball from half way line to the opposition team.
Team who receives the ball is attacking and team who passed the ball is defending.

Attacking Team:

Players can only pass the ball forward with their weak foot.

Players can pass backwards and/or dribble using both feet.

Player scores a point by dribbling inside the scoring zone, or by receiving a forward pass in the scoring zone after making a forward run.

Defending Team:

Players can tackle players that try to dribble with the ball.

Players can intercept or block passes to regain the possession of the ball.

PROGRESSION

Players only can dribble towards scoring zones using their weak foot.

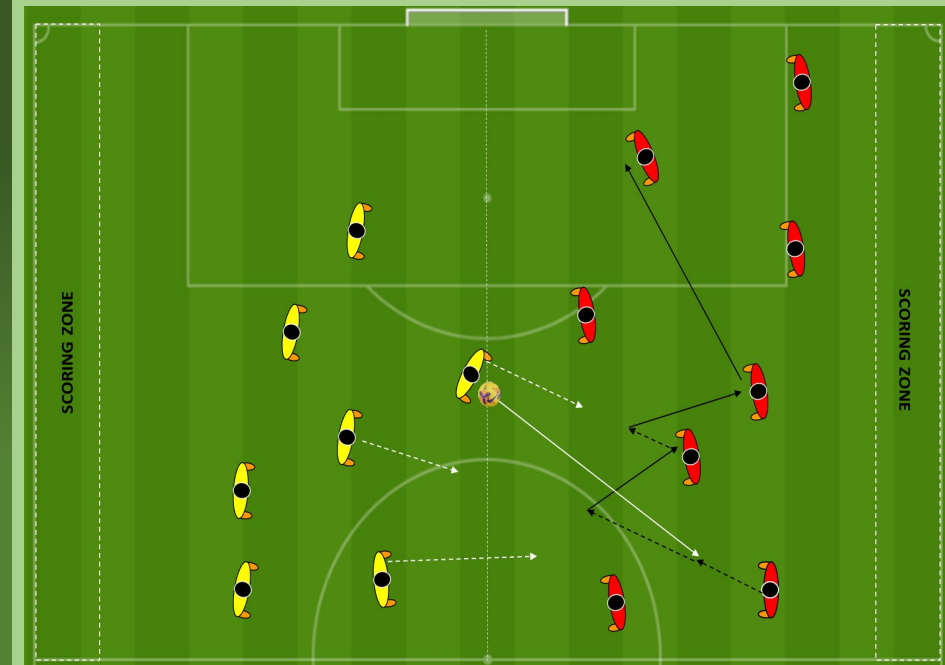
SET UP

Equipment: Balls, flat cones (to mark out the scoring zones), bibs (reds and yellows).

Number of players: 16 minimum; 20 maximum.

Area: Half pitch. Scoring zones 50x5 mts.

GAME GRAPHICS



THE 4 CORNERS

TECHNICAL / TACTICAL

Weak foot passes

Dribbling

Tackles

PSYCHOLOGICAL

Decision making

Gaining confidence

Adapting to rules

PHYSICAL

Strength

Speed

Coordination

SOCIAL

Communication

Team Work

Fun





"FOOT-400mts RELAY"



NOTES FROM THE COACH:

For the **Game 4** we look at the athletics, and more to the races of 400 metres relays, where our players will be working on their abilities to “**dribble**” the ball with speed.

Based on the similar of the rules for this race, we are giving to the teams a ball instead of a baton, and to adapt the game to football, all players will run their relay using their feet (dribbling).

Foot-400mts relay is a fun race that we strongly recommend for all ages, included senior teams, but especially for Foundation Phase, due to covering lot of aspects of the FA's 4 corner model.

This game is suggested to play straight after the **warm up**.

Key Coaching Points:

- Speed on the dribbling using both feet (all runners).
- Receiving and turning skills (runner receiving the relay).
 - Displacement Speed (all runners).
 - Communication (all runners).





GAME 4: "FOOT-400mts RELAY"



TOPIC

Working on the speed and technique when dribbling the ball.

GAME DESCRIPTION

We have 3 teams of 4 players.

The area for the race is a 25x25 mts square.

Each player from each team are located in the different corners of the square (as shown in the game graphics).

The players who start the race are located in the same side with a ball.

RULES

Players can not pass the ball to their teammates until they are one meter closer.

Players dribble in straight line without invading other players space.

Players waiting to receive the relay (ball) from their teammates can not move backwards or forwards until the ball is on their feet.

Each player completes 4 x 25 mts. distance from cone to cone.

The team to dribble past the end line first are the winners.

PROGRESSION

Players only can dribble using their weak foot.

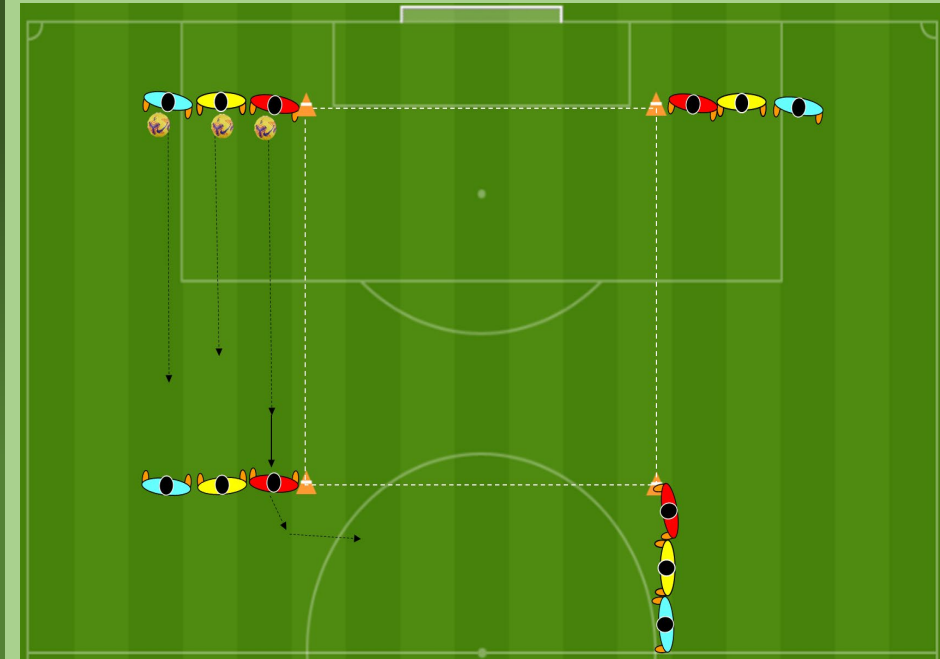
SET UP

Equipment: Balls, cones (to mark out the race), bibs (reds, green, blue and yellows).

Number of players: 12 minimum (3 teams); 20 maximum (5 teams).

Area: Square of 25x25 mts.

GAME GRAPHICS



THE 4 CORNERS

TECHNICAL / TACTICAL

Dribbling

Pass

Turning

PSYCHOLOGICAL

Gaining confidence

Adapting to rules

PHYSICAL

Displacement Speed

Coordination

SOCIAL

Communication

Team Work



"FOOT-CRICKET"



NOTES FROM THE COACH:

Game 5 is based on the cricket or rounders' game, focusing on the defensive technical action of "clearances", trying to direct this action to attack the spaces left by the opposition.

Similar rules from cricket, where there is a pitcher for the defending team and a batter for the attacking team, but this time, players using their feet to adapt the game to football.

Foot-Cricket is a competitive and fun game. We can recommend this game for all ages, included senior teams.



This game is suggested for after the **warm up** of the training session.

Key Coaching Points:

- Awareness of free space to exploit with the clearance (batter).
 - Receiving skills and detail in the pass (defending team).
 - Displacement Speed to run through the bases (batter).
 - Team work and communication (both teams).





GAME 5: "FOOT-CRICKET"



TOPIC

Working on the technique and direction of the clearances.

GAME DESCRIPTION

2 teams of seven players, Reds and Yellows.

Yellow team is defending and has a player in the pitcher zone and the rest of players are spread out around the pitch. Pitcher passes the ball on the floor to the batter. When the batter kicks the ball, before batter completes a run through the bases, the defending players have to pass the ball to the pitcher. Defending team cannot touch the ball with their hands and their pitcher cannot come out of the pitcher zone.

Red team is attacking. A player (batter) will kick the ball forward from the batting zone. The clearance has to pass the pitcher zone. Then, batter runs through the bases to get back to the safe zone to score their points. Batter can decide at some point to stop in any of the four bases to be safe if the ball is returned to the pitcher sooner than the batter expected.

Teams swap roles when the whole squad has been eliminated. The referee (coach or injury player) counts the points (runs) made by both teams.

PROGRESSION

Second round, the pitcher passes the ball on the air to the batter.

Third round, the batters have to kick the ball with their weak foot.

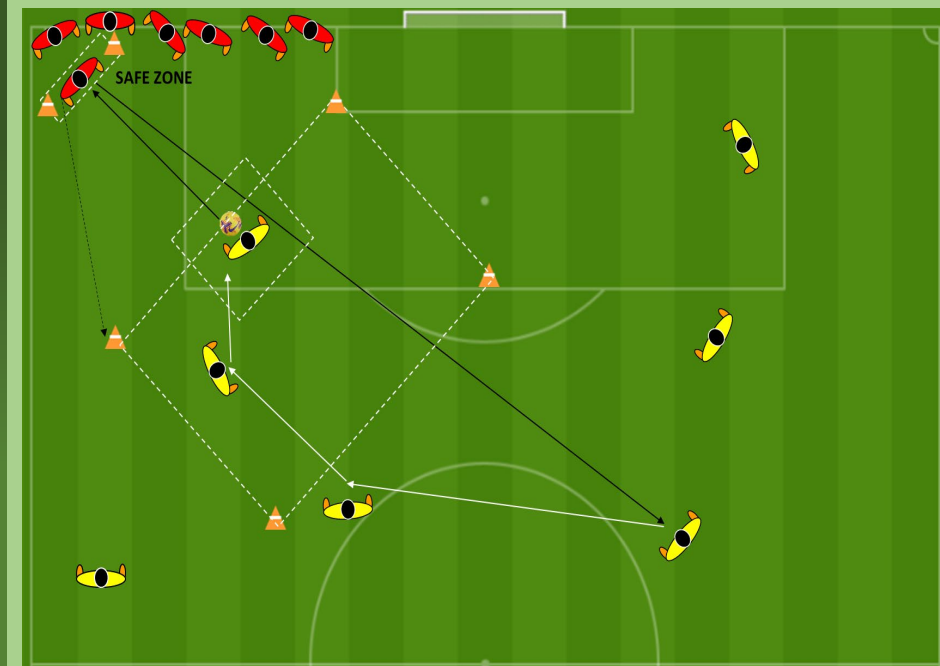
SET UP

Equipment: Balls, cones (to mark out the bases, pitcher and batter zones), bibs (reds & yellows).

Number of players: 14 minimum; 20 maximum.

Area: Half pitch. Pitcher zone a square of 5mts. Bases square 20x20 mts.

GAME GRAPHICS



THE 4 CORNERS

TECHNICAL / TACTICAL

Clearances
Passes & Receiving
Awareness of free space

PSYCHOLOGICAL

Decision making
Confidence

PHYSICAL

Strength
Displacement Speed
Coordination

SOCIAL

Communication
Team work





"FOOT-VOLLEY"



NOTES FROM THE COACH:

The **Game 6** is based on the game of volley and its rules with the main focus being to work on the "receiving skills" and the "technique of passes".

This game is flexible to be played in between a team formed by 5, 6 or 7 players, adopting a team shape to cover the maximum of area possible. The FA's 4 corner model is covered in this game.

Foot-Volley is recommended for players from U16s to senior teams.

This game can be played as the **warm up** or **the cool down** of the session.

Key Coaching Points:

- Receiving skills to set the ball to a teammate (each player in the game).
 - Detail in the pass (each player in the game).
 - Coordination (each player in the game).
 - Communication (between teammates).





GAME 6: "FOOT-VOLLEY"



TOPIC

Working on the receiving skills and detail of passes.

GAME DESCRIPTION

2 teams, Reds and Yellows, are formed by 5 players.

The game is played in a rectangular area divided by 2 areas, one for each team. Players from each team are located in their designated area (as the picture shows).

The game starts with one player from one of the teams serving the ball with a pass from the end line into the opposition zone.

The team receiving only has three hits to pass the ball to the opposite zone. The only player who has two touches is the player who is receiving the service, one to receive and one to set the ball for a teammate. The rest of the players have only one touch.

RULES

The ball only can not bounce on the floor. If it does in a zone, points goes to the other team.

In each action, the player receiving has two touches maximum.

Ball needs to pass from zone to zone above the net.

If the ball does bounces the first time outside the zone, point goes to the opposition team.

The game is played to the best of 3 sets. Having each set a maximum of 11 points to be played, the team who arrives first to eleven gets a set.

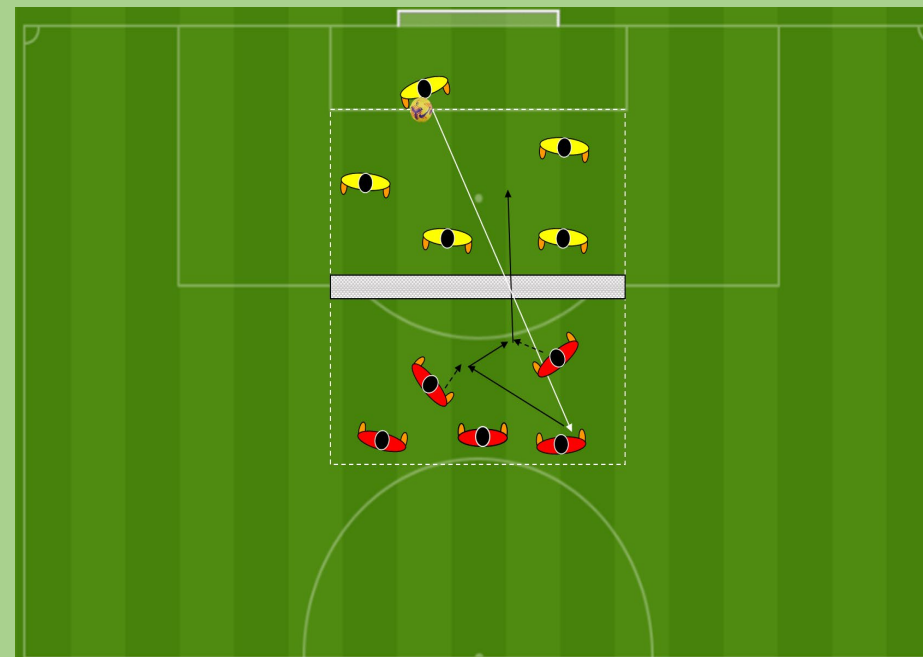
SET UP

Equipment: Balls, cones (to mark out the area), nets (can use hurdles).

Number of players: Minimum 10; Maximum 14.

Area: Rectangular area of 40x25 mts.

GAME GRAPHICS



THE 4 CORNERS

TECHNICAL / TACTICAL

Passes & Receiving
Positioning
Ball Mastery

PSYCHOLOGICAL

Decision making
Learning new skills
Gaining confidence

PHYSICAL

Coordination
Reaction Time
Flexibility

SOCIAL

Communication
Fun



"FOOT-BOXING"



NOTES FROM THE COACH:

Boxing will be our **Game 7**. We modify the rules with the aim of being able to use the football focusing on the “**dribbling**” and the “**ball mastery**”.

This game is going to be played always with two players in a 3x3 metres square. We swap the boxing gloves for 2 bibs. The FA's 4 corner model is covered in this game.

Foot-Boxing is recommended for the Foundation Phase, however can be used with older players.

This game can be used as a **warm up** in the training session.

Key Coaching Points:

- Dribbling with the ball (both players).
- Ball mastery when turning or changing directions (both players).
 - Agility (both players).
 - Speed (both players).





GAME 7: "FOOT-BOXING"



TOPIC

Developing the ability to dribble with the ball.

GAME DESCRIPTION

2 players with a ball and two bibs each per ring.

The game is played around a square area.

The starting position for players are one in front of each other.

The game starts when the coach says "GO".

This boxing game has a total of four rounds. Each player attacks in two rounds and defends in the other two rounds.

RULES

We play four rounds of 30 seconds (2 rounds reds attack and 2 rounds yellows attack).
Players need to dribble the ball around the square, they can not come across the square.

Each player holds a bib (boxing gloves) in each hand.

Attacking player scores points in the round that this player is attacking only.

Points are gained by dribbling the ball and trying to hit the opponent back with a bib.

Every time there is a point, players go back to starting position.

Players can change direction t any time.

Wins the player who gains more points in the global of the four rounds.

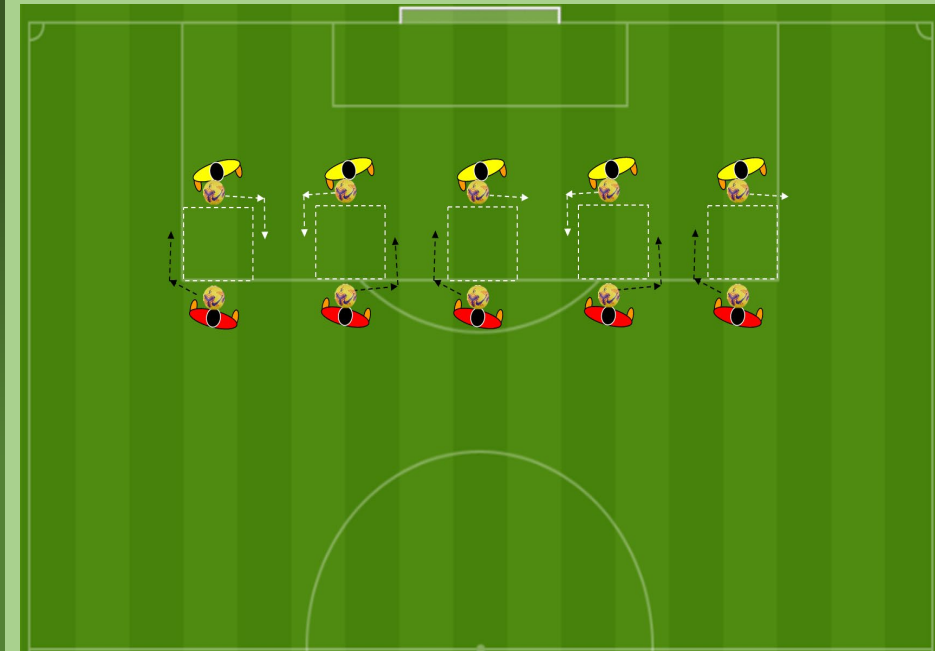
SET UP

Equipment: Balls, cones (to mark out the ring), bibs (boxing gloves).

Number of players: Minimum 12; Maximum 16.

Area: 3x3 mts square.

GAME GRAPHICS



THE 4 CORNERS

TECHNICAL / TACTICAL

Dribbling
Ball Mastery

PSYCHOLOGICAL

Decision making
Gaining confidence

PHYSICAL

Coordination
Speed
Agility

SOCIAL

Self-esteem
Fun





"FOOT-BASKET"



NOTES FROM THE COACH:

Game 8 is a team sport as basketball. Looking to work on the build up, we have modified the basketball rules with the aim of developing attacking and defensive aspects of the game such as a **"passing, receiving and dribbling"** and/or **"blocking and intercepting"**.

The game is played on a 5v5 and takes on board the FA's 4 corner model.

Foot-Basket is highly recommended for all ages.

This game can be used in the **warm up** of the training session or as an introduction to the topic **"building up the attack"**.

Key Coaching Points:

- Dribbling with the ball (all players).
- Ball mastery when turning or changing directions (all players).
 - Agility (all players).
 - Speed (all players).





GAME 8: "FOOT-BASKET"



TOPIC

Working on the passes and receiving skills when building up play.

GAME DESCRIPTION

2 teams of 5 players.

The game is played in the penalty box.

Red team is attacking. Players try to link passes to progress in the attack to try to get near the small goal (basket) to score points.

Yellow team is defending. Players try to stop the progression of the attacking players by blocking or intercepting their passes.

RULES

Attacking players can dribble with the ball for 3 seconds.

Defending players can not tackle attacking players.

Attacking team can score points from inside the zone (2 points) or from out side the zone (3 points). If there is a tackle, the attacking team receive a penalty (1 point) from edge of the box.

The winning team is the first to get 21 points.

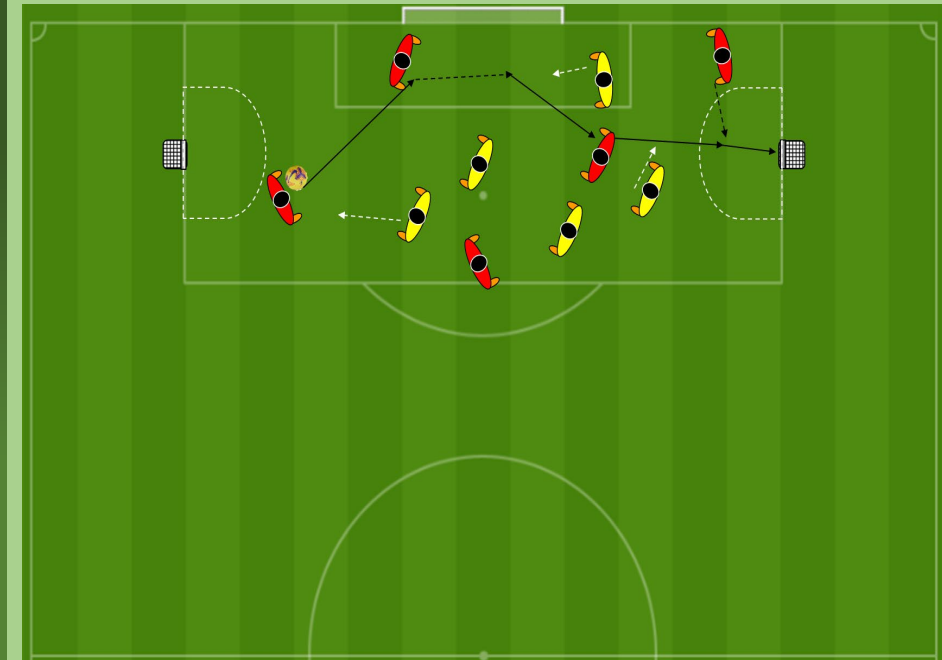
SET UP

Equipment: Balls, cones (to mark out the zones), bibs (reds and yellows), small goals (basket).

Number of players: Minimum 8; Maximum 10.

Area: Penalty box.

GAME GRAPHICS



THE 4 CORNERS

TECHNICAL / TACTICAL

Passing & Receiving
Dribbling
Blocking & Intercepting

PSYCHOLOGICAL

Awareness
Decision making
Gaining confidence

PHYSICAL

Aerobic Endurance
Speed
Strength

SOCIAL

Self-esteem
Team work
Communication





"FOOT-JUDO"



NOTES FROM THE COACH:

Another martial arts will be our **Game 9**. This time we use the rules of judo with the aim of being able to use the football focusing on “**shielding**” and “**turning**” with the ball.

This game is going to be played always with two players inside a 3x3 metres square.

Foot-Judo is recommended for the Foundation Phase, where we aim to introduce the use of protecting the ball using their own body, but the game can be used with older players too.

This game can be used straight after the **warm up** in the training session.

Key Coaching Points:

- Shielding the ball (both players).
- Ball mastery when turning or changing directions (both players).
 - Strength (both players).
 - Agility (both players).





GAME 9: "FOOT-JUDO"



TOPIC

Developing the technical action of shielding the ball.

GAME DESCRIPTION

2 players with a ball each are located inside the square.

The game starts when the coach says "GO".

Players have to try to kick the ball from their opponent out of the square, meanwhile keeping their own ball inside and alive in the square by protecting the ball using their bodies.

RULES

We play a competition, winners go up and losers come down a square. (Create different levels).

Games are played to the best of three rounds.

Players aim to kick the ball outside the area without losing their own ball to gain a point.

Players can dribble inside the square, but if the ball goes outside, they lose a point.

Players can use their own body and arms to protect the ball, however they can not grab or hold their opponent, otherwise they can lose a point.

PROGRESSION

Players only can use their weak foot to play the game.

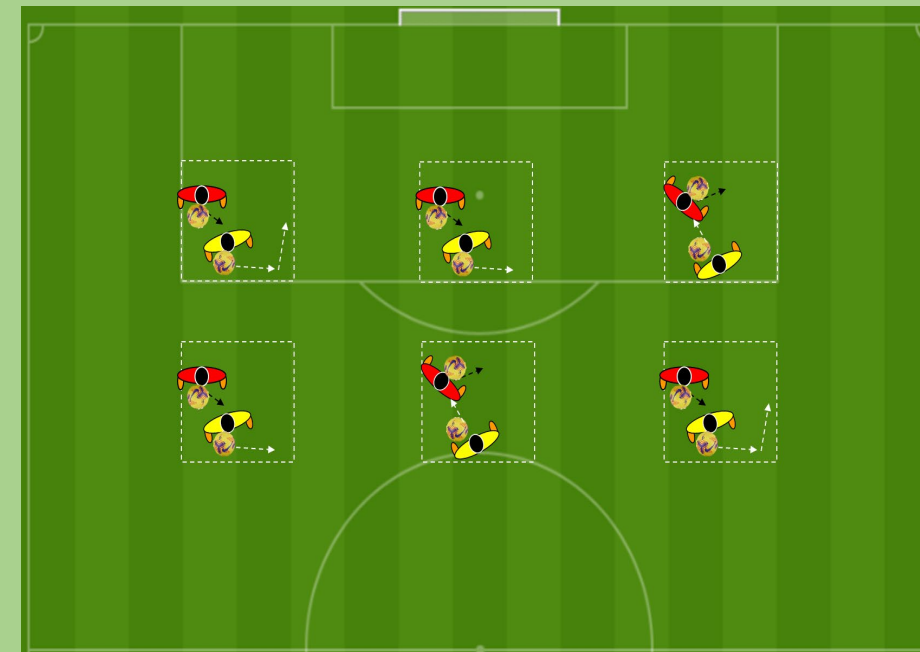
SET UP

Equipment: Balls and cones (to mark out the area).

Number of players: Minimum 12; Maximum 16.

Area: 3x3 mts square.

GAME GRAPHICS



THE 4 CORNERS

TECHNICAL / TACTICAL

Shielding
Turning
Dribbling

PSYCHOLOGICAL

Patience
Knowing rules
Gaining confidence

PHYSICAL

Coordination
Strength
Agility

SOCIAL

Self-esteem
Fun



"FOOT-HOCKEY"



NOTES FROM THE COACH:

We close this collection with **Game 10**. This is going to be a fun game based on the team sports as hockey, where we look to work on developing the **"passing, receiving and dribbling"**.

The game is played with two players making a pair by holding their hands, so the team play a 5v5 situation on the pitch, having the FA's 4 corner model present at all times in this game.

Foot-Hockey is recommended for players U14s and older.

This game can be used in or after the **warm up** in the training session.

Key Coaching Points:

- Passing and receiving the ball (all players).
 - Dribbling with the ball (all players)
 - Coordination (all players).
 - Communication (all players).





GAME 10: "FOOT-HOCKEY"



TOPIC

Working on the passes and receiving skills.

GAME DESCRIPTION

2 teams of 10 players + 2 goalkeepers.

Players in each team have to be paired and hold their hands.

The game is played in half of the pitch, having one goal with a goalkeeper in each end.

Red team is attacking. Players try to link passes to progress in the attack, trying to get near the goal to score.

Yellow team is defending. Players try to stop the progression of the attacking players by tackling, blocking or intercepting their passes.

RULES

For the attacking players, player who stands on the right can only use the right foot to pass or shoot, meanwhile player who stands on the left can only use the left foot to pass the ball or shoot on target.

Defending players have to defend their goal and try to press to regain possession of the ball.

If the players in possession don't keep connected their hands, they lose possession of the ball, and the opposition team has a free kick from that position on the pitch.

If team out of possession regains, but players were not connected, then they lose possession.

Wins the team who scores more goals after 10 minutes game.

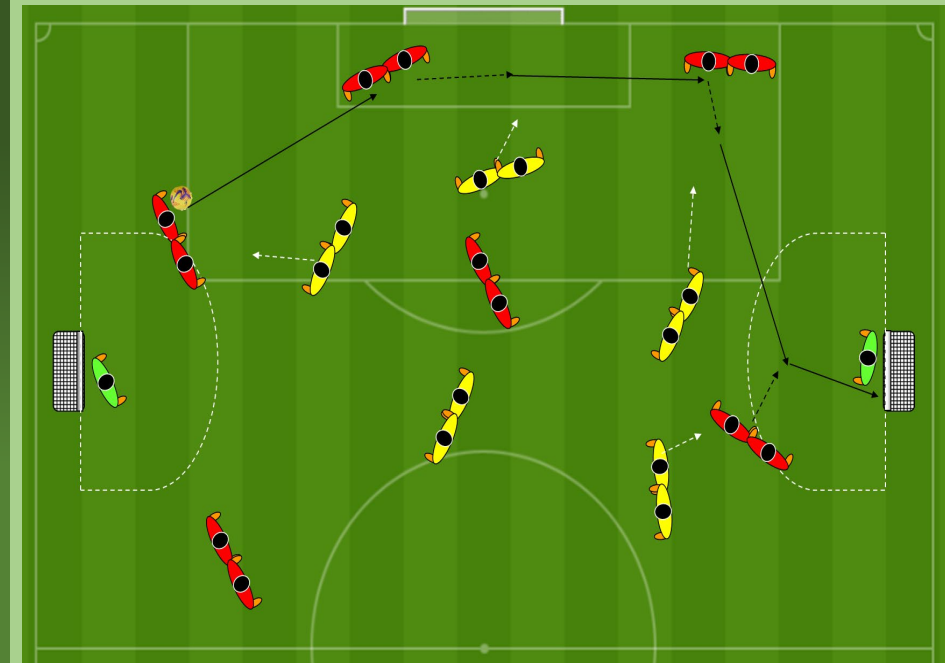
SET UP

Equipment: Balls, cones (to mark out the area), bibs (reds and yellows) and small goals.

Number of players: Minimum 18; Maximum 24.

Area: Half of the pitch.

GAME GRAPHICS



THE 4 CORNERS

TECHNICAL / TACTICAL

Passing & Receiving
Dribbling
Blocking & Intercepting

PSYCHOLOGICAL

Awareness
Decision making
Gaining confidence

PHYSICAL

Aerobic Endurance
Agility
Coordination

SOCIAL

Self-esteem
Team work
Communication

TIP JAR

We hope you and your players enjoy these games.

The FCC Football Hub team keeps working towards planning, designing and proposing different football sessions for football/soccer coaches all around the globe.

To support this project, so it can keep going, we have opened this tip jar on PayPal where everyone can leave their tips easily by scanning the QR code.

SCAN. PAY. GO.

Many thanks for keeping up with us and supporting this platform!



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