



Do you like to play football?



2016 Autumn Holiday Football Programme, Monday to Friday between 10am to 3pm and 24th October to 28th October 2016

For more information, ring Lionel Best on 07908 950 630, go on the BiG website

(www.bestysinspirationalguidance.co.uk)

or e-mail lionel.best@sky.com

The programme will be run at Rosendale Playing Fields, Rosendale Road, SE21 8LP.

Includes fun football activities, designed to encourage positive behaviour and leadership skills through its popular points system, with a trophy given out for earning the most points, and medals and BiG give-aways for everyone!



Full details of schedules and activities are overleaf

BiG 2016 Autumn Holiday Football Programme Schedule

Morning

Afternoon

Mon 24 th Oct	Introductions & warm-up activities	Skittle, chest & fun football matches	Fun warm-up & passing drill	Dribble & turns & shooting game
Tue 25 th Oct	Fun warm-up & passing drill	Base football & fun football matches	Keep ball game & passing in traffic	Bench ball & fun football games
Wed 26 th Oct	Fun ball mastery games	Movement, & fun shooting games	Space recognition game	Cricket football & fun matches
Thu 27 th Oct	Agility work & finishing game	Passing drill & End Zone & fun matches	Dribble or pass game	Football tennis & fun matches
Fri 28 th Oct	Fun warm-up	TOURNAMENT DAY		

