Do you like to play football?

Summer 2016 Holiday Football Programme, Monday to Friday between 10am to 3pm and 8th August to 19th August 2015

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, which is supported by Young Lambeth Coop, 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!

Only £20 for the whole week!

Full details of schedules and activities are overleaf

BiG Summer 2016 Holiday Football Programme Schedule

	Morning		Afternoon	
Mon 8th Aug	Introductions & warm-up activities	Skittle, chest & fun football matches	Fun warm-up & passing drill	Dribble & turns & shooting game
Tue 9th Aug	Fun warm-up & passing drill	Base football & fun football matches	Keep ball game & passing in traffic	Bench ball & fun football games
Wed 10th Aug	Fun ball mastery games	Movement, & fun shooting games	Space recognition game	Cricket football & fun matches
Thu 11th Aug	Agility work & finishing game	Passing drill & End Zone & fun matches	Dribble or pass game	Football tennis & fun matches
Fri 12th Aug	Fun warm-up	**TOURNAMENT DAY**		

	Morning		Afternoon	
Mon 15th Aug	Introductions & warm-up activities	Keep ball, shooting & fun games	Awareness & Movement games	Chest & fun football matches
Tue 16th Aug	Fun warm-up & passing drill	Keep ball through gates & fun matches	Agility work & rotation game	Bench ball & fun football games
Wed 17th Aug	Fun ball mastery games	Passing drill & fun shooting games	Fun ball mastery games	Keep ball game & Tag cricket game
Thu 18th Aug	Fun warm-up & keep ball game	Passing drill & fun matches	Spatial awareness game	Football tennis & fun matches
Fri 19th Aug	Fun warm-up	**TOURNAMENT DAY**		

BiG

BESTY'S
INSPIRATIONAL
GUIDANCE