



Do you like to play football?



Summer 2019 Holiday Football Programme, Monday to Friday between 10am and 3pm and 29th July to 9th August 2019

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!



Book by Friday 28th June 2019 to pay the 'Early Bird' rate!

BiG Summer 2019 Holiday Football Programme Schedule

Morning			Afternoon	
Mon 29 th Jul	Introductions & warm-up activities	Skittle, chest & fun football matches	Fun warm-up & passing drill	Dribble & turns & shooting game
Tue 30 th Jul	Fun warm-up & passing drill	Base football & fun football matches	Keep ball game & passing in traffic	Bench ball & fun football games
Wed 31 st Jul	Fun ball mastery games	Movement, & fun shooting games	Space recognition game	Cricket football & fun matches
Thu 1 st Aug	Agility work & finishing game	Passing drill & End Zone & fun matches	Dribble or pass game	Football tennis & fun matches
Fri 2 nd Aug	Fun warm-up	TOURNAMENT DAY		

Morning			Afternoon	
Mon 5 th Aug	Introductions & warm-up activities	Keep ball, shooting & fun games	Awareness & Movement games	Chest & fun football matches
Tue 6 th Aug	Fun warm-up & passing drill	Keep ball through gates & fun matches	Agility work & rotation game	Bench ball & fun football games
Wed 7 th Aug	Fun ball mastery games	Passing drill & fun shooting games	Fun ball mastery games	Keep ball game & Tag cricket game
Thu 8 th Aug	Fun warm-up & keep ball game	Passing drill & fun matches	Spatial awareness game	Football tennis & fun matches
Fri 9 th Aug	Fun warm-up	TOURNAMENT DAY		