



FOOTBALL COACHING

Danny's "Babes"

This is a great club and we want you to be a part of it! We start off with a warm-up, then we work on a different aspect of football each week: it may be heading, shooting, passing, or control.

It's all done in a way that's fun, and at the same time encouraging to all. We include games and competitions to help us put across what we are all learning. We then play team 5-a-side, where we get a chance to try out our new skills! We play '2-touch football' for 20 minutes, which is great fun and makes you move and think quickly! Then we have a 'Team Talk'—a 5 minute drink break with a few words. Talks so far include encouragement, honesty, self-control and so on.

This also gives an opportunity for anyone to give his or her thoughts and views. Then to finish it's 'all touch football' which is the highlight of the evening. It's 5-a-side where you get to show your skills and score some goals! On the final whistle we shake hands, and I will pick a player of the day.

Where: Upper Section, Tendring Technology College, Rochford Way, Frinton-on-Sea.

When: Every Monday in term time

Cost: £2 per session

See you there! Coach Dan

Please note: Football Coaching only runs in term time