

European Football for



Development Network

**EFDN**

CHANGING LIVES  
ROUGH FOOTBALL



EUROPEAN  
**WALKING  
FOOTBALL**  
LEAGUE



Co-funded by the  
Erasmus+ Programme  
of the European Union

**WALKING FOOTBALL TRAINING MANUAL**

**TOGETHER WE ARE #Morethanfootball**

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## INTRODUCTION WALKING FOOTBALL

Walking Football is simply playing football game without running. Playing the game at a more feasible pace eliminates barriers and provides greater accessibility to the sport for people over 50+. Walking Football and other forms of Walking Sport have become an increasingly popular form of physical activity and sport participation in Europe. By creating opportunities to play Walking Football, the European Football for Development Network (EFDN) contributes to social inclusion of elderly people.

Walking Football is specifically designed to help people get fit or maintain an active lifestyle no matter their age and/or physical condition, as well as support people getting back into football if they have given it up due to age or injury. 'Older' people who play have seen many benefits: lower heart rate and blood pressure, less fat and more muscle, and better mobility. And it is not just health reasons; Walking Football also offers social benefits. Participants can meet new people, avoid becoming isolated and interact with individuals and small groups.

With Walking Football, football associations and clubs will see that it cuts both ways: they contribute to the goal to increase sport and social participation of people over 50 – which is a noble cause – but these new members can also become extra volunteers for the club, generate additional revenue and making better use of the accommodation of the club. These are important advantages for every association and club. No need to emphasize that!

This Walking Football handbook, created by EFDN, aims to provide a collection of exercises, training sessions, and rules related to various Walking Football training activities. The handbook can be used as a resource for coaches and participants and helps to prepare and guide the training sessions with an exhaustive number of ideas and practices.

In this handbook you will find different training exercises when it comes to warming up, passing or shooting for your Walking football participants. There is also a complete section dedicated to the Walking Football rules and there are Tips and Tricks to help you organise the physical training exercises and the social element of the gatherings. The last part, the social aspect and foremost hopefully the fun, is a key element.



# OBJECTIVES

The main aim of the handbook is to deliver advice and ideas for training sessions to the coaching staff of professional football and grassroots clubs which can serve as a stepping stone for the development of their Walking Football activities. It will give you some tailor-made tools to increase the health conditions of the participants and to help them boost their social contacts.

The Walking Football handbook and activities aim to:

- Provide the sporting community with a user-friendly guide on how to implement walking football within the community.
- Provide high-quality training sessions with loads of fun elements for staff and participants.
- Increase participation in sport, physical activity and voluntary activity.
- Raise awareness about the health and well-being benefits of an active lifestyle.
- Help people to become more mentally and physically fit.
- Advice for Social activities after the training sessions.



## VÅLERENGA FOTBALL:

In Norway, they benefitted from the programme at Vålerenga Fotball.

**“IT IS GREAT TO STILL GET TO PRACTICE AND PLAY THE GAME I LOVE, AT MY AGE. I HAVE NOT PLAYED FOOTBALL IN OVER 25 YEARS, THIS IS FANTASTIC AND TO SHARE THIS EXPERIENCE WITH MY TEAMMATES IS GREAT.”**

# EUROPEAN LEGENDS

## How everything started

The Walking Football methodology was first carried out in the UK and has since expanded to inspire men and women over the age of fifty to be more physically active, exercise more frequently and counter social exclusion. Throughout Europe, thousands of older men and women are now rediscovering the joys of football by playing it at a more leisurely pace.

Originally EFDN coordinated the European Legends, a Walking Football and Walking Sport initiative co-funded by the European Union through Erasmus Sport + and its partners. European Legends consisted of 13 organisations from seven different countries who participated in a comprehensive initiative of Walking football sessions. European Legends

kicked off in January 2016 and was delivered over 24 months consisting of the implementation of Walking Football training sessions at each organisation, national European Legends Sports events, seminars in seven European countries and a final international Walking Football festival. Because of the great feedback, the need for opportunities for 50+ citizens and the need to consistently develop Walking Football and make it more sustainable as a sport across Europe, some EFDN partners started the Walking Football League, a 'cross-border Walking Football League between 2018 and 2020 with Dutch, Belgian and German teams participating, funded by the EU.

A key element for the European Legends programme was to understand the

social impacts and the health impacts on participants in Walking football and Walking sports programmes. The sessions have provided a platform for positive intervention. In addition to the physical health benefits that participants have reported due to practical sessions, they also have experienced greater social interaction. The programme of the European Legends met the objective of increased participation in sport, physical activity and voluntary activity in its target group of individuals aged 50+. Until recently, this target group remained largely out of reach for grassroots sports clubs and sport-based community organisations. However, Walking Football and Walking Sport methodologies have proven to be an effective way to target this challenging-to-reach population.

## EUROPEAN LEGENDS

Countries: Europe | Year: 2016 to 2018



## FUNDAÇÃO BENFICA:

A Walking Football participant of the Fundação do Benfica described the positive outcome of the physical activities on his (social) life:

**“THANKS TO THE WALKING FOOTBALL COMMUNITY I HAVE MET NEW PEOPLE WITH WHOM I STARTED FRIENDSHIPS BESIDES THE TRAINING SESSIONS, AND IT HELPED ME TO DEVELOP RELATIONSHIP SKILLS. APART FROM THAT, I FEEL LIKE I HAVE MORE PHYSICAL CAPACITY AND IT ENDED A PAIN THAT OCCASIONALLY BOTHERED ME.”**



# ABOUT THE WALKING FOOTBALL LEAGUE

## MAIN GOALS PROJECT, TARGET GROUP, BENEFITS, AND TESTIMONIALS

How do we keep seniors involved as active footballers and club members? And how do we ensure that for people who have not played football for a while, the threshold to start again is as low as possible? Walking football is a fantastic solution for this! It is a modified form of association football that aims to keep over-50s involved in football in case they are unable to play the traditional game due to a lack of mobility or for some other reason.

Many people over 50 suffer from (chronic) injuries or are not fit enough to exercise. Injuries or other physical discomforts are even the most important reasons why people over 50 stop playing sports. This is an unfavourable development because sport and exercise can actually have a positive influence on the health of this group. Given the fact that the share of over-50s in the population is growing rapidly, adequate sports provision is crucial. The exercises described in this handbook will help to keep the practitioners fit. This variant of football is so practical for older people because it leads to fewer injuries and considers the changed abilities

of its players while keeping the passion of the game alive. It also has many benefits as it promotes cardiovascular fitness and helps participants to maintain an active lifestyle. For the older adults and most experienced football fans, it is a suitable way to do their favourite sport without full intensity. This counts for former professional and nonprofessional players as well as rookies, who have kicked the ball for the first time at the age of 50+.

As a form of sport and exercise, Walking Football also serves a higher purpose: it promotes social contact among the over-50s and prevents the target group from becoming lonely. Playing football in a team contributes to the realisation of this goal. The Walking Football League will provide participants also with the opportunity to travel, socialise with people of a similar age, and allow them to participate in physical activity in a relaxed and social environment. It is an opportunity for participants to meet like-minded people in their own team and other teams during friendly matches and tournaments. The project aims to assist in the development of long-lasting friendships and help to increase social inclusion levels and boost the confidence of those who participate. That way, older members of the society can stay in or be integrated

into a friendly, active, and comfortable environment. The Walking Football League will further develop Walking Football as a sustainable sport in Europe and raise the profile of the game.

EFDN will support the coaching staff of participating clubs to develop not only a Walking Football team, but also to provide them with the tools to create partnerships so they can cooperate with local, regional, and national Football Associations and establish a framework of walking football leagues that actively promote the game of walking football on all levels. New clubs and organisations anywhere in Europe and outside of our project partnership are actively supported to set up their own Walking Football teams with our freely available resources so they can join the Walking Football Leagues on regional, national, and European level.

Let's take up the challenge together, spread Walking Football out all over Europe! Teams, where grandpas and grandmothers like to get moving, can meet others, but also want to stand their ground in the various roles of the club structure. Let this handbook help to walk their way back to fitness!



– European Legends Testimonial –

### EUROPEAN LEGENDS FUNDAÇÃO BENFICA (PARTICIPANT):

“AS FOR THE FACT OF PARTICIPATING IN THE PROJECT, I DON'T LIKE IT I LOVE IT. I'M JUST SORRY THAT I DON'T KNOW HOW TO PLAY A LITTLE BIT BETTER. AS FOR THE TRIP, I'M WORRIED BECAUSE I THINK I DON'T PLAY WELL ENOUGH YET. I'M GOING TO LOVE GOING ABROAD TO MEET NEW PEOPLE AND NEW COUNTRIES. GOING TO THE STADIUM EVERY WEEK HAS BECOME ONE OF MY FAVOURITE HABITS, I LOVE THE PEOPLE WHO ARE HELPING US AND WHO HAVE PROVIDED US WITH THIS EXPERIENCE. MY GRANDCHILDREN STILL DON'T BELIEVE THAT THE GRANDMOTHER PLAYS AT BENFICA. I LOVE THE REACTION OF THE PEOPLE WHEN I'M LEAVING TO THE STADIUM IN MY TRAINING GEAR.”



### VÅLERENGA FOTBALL:

“THE PARTICIPANTS FEEL THAT THEY ARE PART OF THE CLUB AND THEY ARE PROUD TO PUT ON THE UNIFORM.”

770

Individual participants

1435

Total of delivery sessions by participating clubs

– Testimonial –

### MORTON IN THE COMMUNITY:

“THIS IS IMPORTANT AS IT GIVES PEOPLE THE OPPORTUNITY TO PLAY THE GAME IN A RELAXED ENVIRONMENT BUT ALSO ENHANCES SOCIAL EXPERIENCES. THE PHYSICAL AND MENTAL HEALTH BENEFITS ARE FANTASTIC, AND THIS PROJECT IS FANTASTIC FOR ALL AGES AND ABILITIES.”



BENEFITS

Besides the already mentioned benefits Walking Football delivers your association or club more:

FOR THE CLUBS

- **Attract new members:** the more members, the stronger your club. By binding existing members, you retain members who might otherwise have quit.
- **More volunteers:** the more members, the greater the potential volunteers.
- **Better image:** showing social responsibility and increasing the social function of the association or club in your district/town/city is positive for the image that members and stakeholders such as the city and sponsors have of the club.
- **Improved security:** more and more people on your property increase safety and prevent vandalism.
- **Better occupancy accommodation:** you will be able to use your accommodation in the morning, afternoon and evening.
- **Additional income:** new members will stay to have a drink and a chat with their new friends.

FOR THE PLAYERS

- **More social interaction:** active on and off the field increases social mobility of over-50s. Members get in touch with new people and maintain contact so that loneliness is counteracted; inactivity causes loneliness.
- **Better physical health:** sports and exercise for people over 50 are even more important because of the higher risk of health problems. Sport reduces the risk of complaints and health problems.
- **Better psychological health:** feeling better physically also means feeling better mentally.
- **Football is back in your life:** this says it all, you are playing football again with your friends!



– Testimonial –



FC SCHALKE 04:

“IT COMBINES MOVEMENT, ACTIVITY AND FUN AND GIVES THE ELDERLY PEOPLE THE CHANCE TO PLAY IN A COMPETITIVE WAY IN A SECURE ENVIRONMENT. IT LEADS TO MORE ACTIVITY, ESPECIALLY FOR THIS TARGET GROUP. BUT WE SHOULD NOT FORGET, THAT WF IS A SPORT FOR EVERYONE. WE ALREADY HAD SUCCESSFUL SESSIONS WITH HANDICAPPED PEOPLE.”

# SOCIAL (ADDITIONAL) ACTIVITIES FOR THE TEAM



**FOOTBALL TALKS: (ALSO COVID-19 PROOF)**

Football Talks is a one-hour session that takes place across 4 different sessions on a weekly basis using the video conferencing tool “Zoom”, where participants take part in different activities including:

- **Talking Points:** The session will have positive themed football topics to discuss surrounding past, present and future content. Each individual has the opportunity to discuss their feelings and opinions without judgement.
- **Prediction League:** Each week the participants take part in a prediction league which consists of the participants making 8 predictions of the selected fixtures which take place that coming weekend. RULES: 3 points for correct score, 1 point for the correct outcome, 0 for wrong predictions. Prediction Leagues last 10 weeks and then the winner wins a prize.

- **Quiz League:** Within the 4 sessions that take part weekly, the participants play as a team to answer 10 different questions in their sessions. The 4 different sessions are competing against one another to gain the most points. The team top of the Quiz League after 10 weeks is the winner and wins prizes.
- **Workshops:** When appropriate there will be an introductory 20 – 30 minutes workshop into the sessions including topics such as health, tips on looking after oneself, diversity & inclusion, and future opportunities within the Health & Wellbeing Team.
- **Also possible:** games (bingo, etc.), exercising together at home, or interviewing a player

**WALKING FOOTBALL WALKS:**

- During COVID-19 Lockdown 1.0 that disabled football activity to resume, there was an opportunity for Walking

Football Participants to go for Walks together at an arranged location. Walking brings with it great benefits to physical, mental and social wellbeing.

**TEA & COFFEE SESSIONS:**

- Once a month (during normality), facilitate a Tea & Coffee session at the stadium where the participants -similar to Football Talks- talk about different Football topics, take part in quizzes and have the opportunity to explore the stadium increasing their relationship with the club.
- Weekly: providing space where participants can gather and socialize and can have tea and coffee, lunch or light snacks after the matches.

**EDUCATIONAL WORKSHOPS:**

- Walking Football Participants have the opportunity to expand their knowledge surrounding different important topics



– Testimonial –

**EUROPEAN LEGENDS VITESSE:**

“WHEN I WATCHED THE VITESSE LEGENDS PLAY FOR THE FIRST TIME I THOUGHT TO MYSELF THIS IS IT! WALKING FOOTBALL REALLY SUITS ME. THE SOCIAL PART IS WHAT MAKES IT UNIQUE. EVERYONE CAN SHARE THEIR STORIES AND THAT COMPLETES THE PROGRAMME FOR ME.”

including Diversity & Inclusion, Health and Wellbeing, Dementia, Scamming and many more useful topics, all of which can help them have a better insight on how they can look after themselves and their loved ones better as well as contributing to making the world a better place for everyone via effective communication mechanisms.

- Sessions are facilitated by the foundation and its external partners.

**MENTAL HEALTH (BE A GAME CHANGER CAMPAIGN NEWCASTLE)**

- Attempt to change the culture of Mental Health with the target audience being Football Fans.
- Using the power of Football and the audience that comes with supporting a club (dominated by the Male population), attempt to encourage Football fans to talk more openly about Mental Health.
- Host different Mental Health awareness events internally, externally, and online of which all of the Walking Footballers can have access to.

- The campaign can also make useful services and resources very accessible on the website, social media platforms, posters and business cards of which can be used for anyone to support themselves or their loved ones.

**INVITING OTHER SOCIAL COMMUNITY GROUPS TO JOIN SESSIONS**

- promotes further social interaction and participation in other community activities.
- Examples: local choir, game clubs, church groups, book clubs, etc.

**TOURNAMENTS (REGIONAL, NATIONAL, OR INTERNATIONAL):**

- It allows them to visit other countries, as well as different regions of their own country. At the same time, it is an opportunity to socialize and interact with other players and coaches, get to know other realities, develop team spirit and a sense of belonging.

**PARTICIPATING IN OTHER PROJECTS OF FOUNDATION OR CLUB:**

- Way of keeping them in touch with the other projects of the foundation.
- Allowing them to make their contribution to the Foundation family.
- Way of promoting interaction between the different populations and generations that benefit from the activities promoted by the club.

**CULTURAL ACTIVITIES (UN-)RELATED TO CLUB/FOUNDATION (MUSEUM TOUR, STADIUM TOUR, TRIP, ONLINE LECTURE, ETC.):**

- (Club-)museum tour
- Stadium tour
- Online lecture
- Joint trip to a nearby city, sight, event, etc.

**SOCIAL ACTIVITIES**

- Minigolf
- Watching club games together
- Barbecuing/cooking together
- Going to a swimming pool together

**ADDITIONAL PHYSICAL CARE**

- Yoga lesson
- Visit from physiotherapist to show exercises relating to body parts that need support
- Check-ups (e.g. eye tests) for participants
- First aid lessons

**FOOTBALL MEMORIES**

Additional information for the coaching staff

- Information about consequences of older age (less mobility/flexibility/strength/balance, little to no contact with the sport, social challenge) to be more mindful of them and working with them.

Contact international partners/clubs to exchange ideas, best practices, solutions, etc.

– Testimonial –

**FUNDAÇÃO BENFICA:**



“BECAUSE OF WALKING FOOTBALL I HAVE MET NEW PEOPLE WITH WHOM I DEVELOPED BONDS OF FRIENDSHIPS BESIDES THE TRAINING SESSIONS AND I WAS ABLE TO DEVELOP RELATIONSHIP SKILLS.”

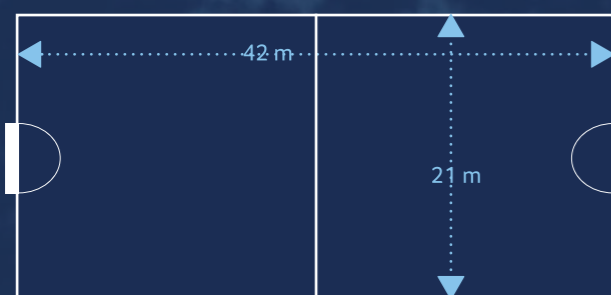
“I FEEL AS IF I HAVE MORE PHYSICAL CAPACITY AND IT ENDED A PAIN THAT OCCASIONALLY BOTHERED ME.”



# WALKING FOOTBALL RULES

## THE PITCH

1 The size of the field is 42 x 21 meters.



2 The goal size is 1-meter (height) x 3-meters (width).

3 The size of the box around the goal is 5 meters wide and 1 meter long and has a semi-circular shape. Use flat markers to make the box around the box visible.

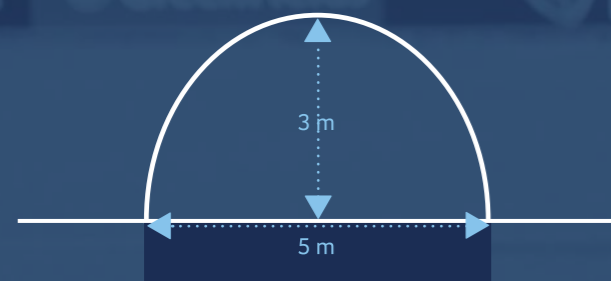
3.1 None of the players are allowed to enter the box.

## THE BALL

4 The official ball size is 5.

## THE PLAYERS

5 Each team consists of 6 players and a maximum of 4 substitutes.



## CONDUCT

6 Players cannot run while moving around the pitch, whether they have possession of the ball or not. One foot must be touching the ground at all times.

6.1 When a player infringes this rule, an indirect free kick is awarded to the opposing team.

6.2 The indirect free kick will be taken from the position where the player started running.

7 There are no goalkeepers and playing the ball with the hand is forbidden for every player, including the last player on the field.

8 It is not allowed to play the ball above 1-meter (the height of the crossbar).

9 Physical contact, sliding, tackling, and pushing are forbidden and it will be penalized with an indirect free kick for the opponent.

10 A goal cannot be scored from a team's own (defensive) half.

11 Substitutions are unlimited and can take place at any time from any spot on the field.

12 The referee will hand a yellow or a red card if the players do not follow the rules.

12.1 A yellow card equals a 2-minutes suspension, in which the player getting the yellow card cannot be replaced by another teammate. A yellow card will be awarded for multiple minor fouls.

12.2 A red card equals a suspension for the remaining of the game, in which the player getting sent off cannot be replaced by another teammate. A red card will be awarded for dangerous actions and bad language.

12.3 The criteria for the referees to award a yellow, red, or no card depends on the following:

- Careless action: no card.
- Reckless action: yellow card.
- Dangerous action: red card.

13 If a clear goal opportunity is prevented by illegal means (such as a handball, a foul, or by entering the box), a penalty kick will be awarded for the attacking team.

13.1 A penalty shot will be taken from the middle line with no opponents standing in the way between the penalty shooter and the goal.

## EQUIPMENT

14 Players will wear adequate shoes for the football match surface, they will wear matching football kits that are clearly distinguished to their opponents, will be recommended to wear shin pads, and will not be allowed to wear jewellery.

## LENGTH OF THE MATCH

15 The playing time is to be decided by each local league organizer depending on the number of matches played on match day.

## START AND RESTARTS

16 Kick-off: the team arranged as the home team in the schedule will kick-off from the middle line.

17 Kick-off: after every goal, the team receiving the goal will kick-off from the middle line.

18 Kick-in: a kick-in will take place every time the ball goes outside of the playing field on either side of the field, on the spot where the ball crossed the line.

18.1 The opposite players must keep a distance of 3 meters.

18.2 At the moment of the kick-in, the ball must be dead.

18.3 If the ball crosses the line in either end line, a corner kick or goal kick will be awarded depending on who touched the ball last.

18.4 A player cannot score directly from a kick-in. If the ball deflects on another player and enters the goal, the goal will be allowed.

19 Free kick: an indirect free kick is awarded for any rule violation.

19.1 A player cannot score directly from a free kick. If the ball deflects on another player and enters the goal, the goal will be allowed.

19.2 The defenders must keep at least 3 meters from the ball.

19.3 If the distance to the box is less than 3 meters, the free-kick will be spotted in the original place where the free-kick was called. In this case, the wall could stand on the line of the box in a shorter distance than 3 meters.

20 Penalty-kick: a penalty-kick will be awarded when a clear goal is denied by the defenders by breaking the rules, such as using their hand, fouling the attacker, or entering the box.

20.1 A penalty-kick will be taken from the middle line and nobody will be allowed to stay between the ball and the goal.

21 Corner kick: a corner kick will be awarded when the defending team is the last to touch the ball before it goes through the end line.

21.1 A goal may be scored directly from a corner kick.

21.2 An own goal may be scored directly from a corner kick.

21.3 Defenders must keep at least 3 meters distance to the ball.

22 Goal kick: a goal kick will be awarded when the attacking team is the last to touch the ball before it goes through the end line.

22.1 A goal cannot be scored directly from a corner kick.

22.2 The goal kick will take place one meter from the end line, on the side of the goal box where the ball crossed the end line.

22.3 Defenders must keep at least 3 meters distance to the ball.

23 In the case of an event that is not registered in this rule book, the referee will have the last word to decide on the fairest call for both teams.

# PREPARATION BEFORE THE WALKING FOOTBALL TRAINING SESSIONS

## HOW TO PLAN THE SESSIONS

### PLAYER ARRIVAL

It is important to set the standards from the beginning of the session in regards to meeting and greeting all your participants. Introducing new players to returning players or 'regulars' is a considerate action that creates a warm welcome and positive environment. Player arrival is also a good time to complete session attendance, provide a session introduction and for participants to catch up with friends.

### WARM-UP

A warm-up routine is a critical preparation for any form of physical activity. The warm-up routine ensures the safe delivery of the session, especially bearing in mind the age profile of the participants. The warm-up can be delivered in a fun and engaging way and sets the tone for the sessions. Starting on page 17 there are various examples of warm-up activities and session plans provided by our European Legends partners to help you get started!

### WALKING

Walking is probably the most simple and effective thing to do in the warm-up to prepare the players for Walking Football. The activities can be done with or without the ball or by introducing 'follow the leader' games.

### STRETCHING

Once you have started to get warm you should introduce stretching of the muscles to avoid the risk of participants pulling muscles. Stretching is important, as many participants may not have engaged in sport for a long time. There are different types of stretches that you can do. Performing dynamic stretches will be a safer option for your participant group. It is important to remember that your participants are not professional players, so while it is important to warm up, keep it simple and fun!

### DEMONSTRATIONS

A great way to lead by example as a coach or facilitator is by performing demonstrations for stretches or drills. This will be helpful for participants who are struggling to keep up with new drills, and demonstrating stretches is a great visual aid for proper technique!

### SKILLS & DRILLS

Once the warm-up is completed, sessions conducted by the coach or facilitator usually move on to some basic drills and skills. These can include passing, dribbling, shooting, ball control or footwork drills for example. It is a good idea to keep drills new and engaging for participants throughout the sessions.



We have selected some example session plans from various former and current Walking Football partners for you to use. Participant feedback has always commented on the success of these activities. For this reason, we recommend that you try some!

## USEFUL ELEMENTS

### GOALS

Most venues that you book will have goals. They can come in different sizes, such as full-size goals or 5-a-side goals. For the Walking Football League and tournaments format goals of 3m width and 1m high will be used.

### BIBS

Bibs are very useful for the session. They provide a visual indicator for players to know where their teammates are on the pitch during session drills and for football games. From a visual perspective, it can make your session appear more professional. In case you have color blind participants in your group it is recommend to use white and blue bibs or blue and yellow. These colors can be distinguished easily amongs color blind people.



## TIPS

### TIPS & TRICKS BEFORE WALKING FOOTBALL TRAINING SESSIONS

1. Start with a big event (tournament, press conference, etc)
2. Make sure to organize a social half an hour before and after the training & Social events for the group on a regular basis
3. Give every player a small gift from the club (for example a T-Shirt/ welcome to the team!)
4. Get former players or club legends involved as an ambassador
5. Put the training day close to other arrangements for the group
6. One designated referee during the training session
7. Rules need to be clarified from the start. Be strict with running.
8. Popular and important with strength day (we have strength with own bodyweight once a week).
9. Assign one or two teamleaders/captains for each Walking Football group.
10. Always create an attendance list.

### FOOTBALLS

Footballs are necessary during the session, which should include various drills and provide participants with the opportunity to familiarise themselves with the football. Across the regions, Walking Football sessions typically use a size 5 football.

### CLOTHING

Walking Football and Walking Sport is a leisure activity, therefore participants must be comfortable in their attire. For health and safety reasons it is advised that football boots, shin pads and training gear (t-shirt/shorts/ jogging pants) are worn. Considering that participants may not have played football in some time, it is important to keep it simple with gear requirements. Over time, participants will come more and more prepared! Depending on the partners involved in your Walking Football programme, you may be able to access funding in order to provide football kits or to support your team's attendance at Walking Football tournaments and festivals.





EUROPEAN  
**WALKING  
FOOTBALL**  
LEAGUE

# WALKING FOOTBALL TRAINING EXERCISES



## ADVICE FOR THE COACHING STAFF

While the organization and the actual practice, the coaching staff must consider about three main keys.

- The players should improve their football-specific skills/knowledge. (How to pass and stop the ball. How to move on the pitch during offence and defence, with and without the ball. First tactical instructions)
- Suitable drills to increase/stabilize the fitness level of the players without overwhelming them. (The coaching staff should never forget about the advanced age of their players)
- The most crucial factor in practice is fun. Every player should leave the field with an exhausted smile on their face; they cannot wait to be back at the next practice.

## HEALTH & SAFETY

A first aid kit must be readily available during all sessions. Moreover, participants must disclose if they have had any injuries or issues that the coach and organiser should be made aware of, prior to their participation in the session. Considering the age of the participants, being proactive about health and safety concerns is of the utmost importance. Furthermore, the coaching staff should successfully accomplish a First-Aid course.

### FIRST AID KIT

In line with health and safety requirements, all sessions must have access to a first aid medical bag at the pitch-side. Such first aid kits can be purchased from standard supermarkets or pharmacy stores. If you are hosting your session at a community centre or leisure centre, first aid kits will be readily available, typically with a designed qualified first aider onsite.



## FOLLOWING PARTS OF THE TRAINING:

- **Careful warmup** (easy games with the ball: Rondo, Handball, dribbling)
- **Passing and ball control** (double pass, passing over a short and long-distance, possession)
- **Shooting** (shooting on goal with/without passing drills)
- **Situations close to the game** (outnumbered, defensive, and offensive situations)
- **Matches** (the last part of practice should be used to play a match. So, the previous taught skills can be trained with competition conditions.)
- **Sport kinetics**

## WARM-UP IDEAS

Whether it's children or adults, every football player should do a warm-up before practice or before the game. Thus, age does not play a role here. However, older people get injured a little faster, so they should especially perform a warm-up training. In older age, the body is no longer fully resilient, not as strong, so the warm-up training must be adjusted accordingly. This is because the muscles, tendons and ligaments are much more susceptible to injury. In addition, older

athletes should also stretch more carefully, especially the areas where they may have once been injured. This means both warm-up training before a game and before a workout. Choose some exercises for the upper limbs and some for the lower limbs to warm up the whole body. Offer alternative exercises in case a person has certain restrictions or needs. Make sure the participants can do it at their own speed.

### PHASE 1

First, prepare the muscles, especially the leg, abdominal and back muscles. This helps to minimize the risk of injury. This is because warm muscle areas with a good blood supply are much less susceptible to strains and torn muscle fibers than cold ones. The abdominal and back muscles in particular should be stretched extensively, as these have a major influence on the stability of the entire body, as they are used in almost all movements.

To prepare these areas for football, so-called sit-ups and push-ups are suitable, for example. The first phase should last about three to five minutes. If the weather is very bad and football is still to be played, the exercises can also be done in the cabin. This way, the players do not get unnecessarily wet.

#### PUSH-UP



#### SIT-UP



### PHASE 2

In phase two, the players are challenged a bit more. They should run in slowly, with or without the ball. Most of the time, they run laps across the court and perform the following exercises:

- Heels kick up
- Knee lift
- Backward run
- Genuflect/bend knees
- Arm swing (alternately and simultaneously, forward and backward)
- Side gallop

These warm-up exercises are also called ABC runs and are used by many trainers. This is because they are ideal for targeting a wide variety of muscle groups and increasing blood flow. In addition, they have a positive effect on the endurance and agility of the players.

After the runs, simple technique exercises can be performed, such as a slalom run with or without a ball. For this, simply place a few cones in a row, possibly slightly staggered. The players then try to get through the course as quickly as they can and without touching the cones. Free dribbling and simple passing exercises are also very suitable for the second phase.

#### HEELS KICK-UP



#### KNEE LIFT



#### BACKWARD RUN



#### GENUFLECT / BEND KNEES



#### ARM SWING



#### SIDE GALLOP



### PHASE 3

In the third phase, the muscles are already well supplied with blood and warmed up. This means that more intensive warm-up exercises can now be performed, often with the football. Here, the tempo is increased once again and duels may also be fought.

In this phase, the players are guided very close to the movements during the training or game. The following exercises show some examples:



# WARM-UP IDEAS

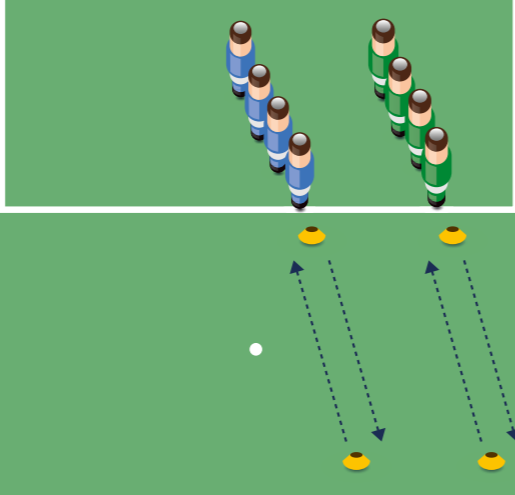
**PRO** **DYNAMIC WARM-UP** **6 MINUTES EXERCISE TIME**

**WHAT DO I NEED:**

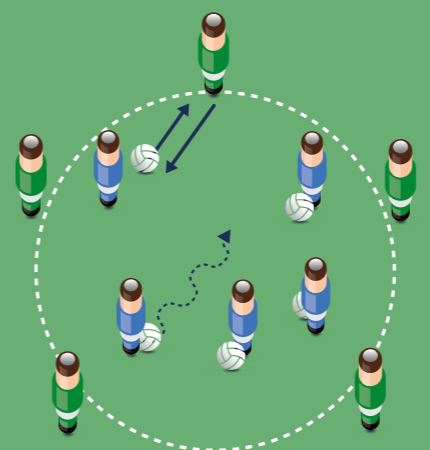
- 4 gates or cones.

**NOTES:**

The cones or gates are placed ten meters apart. The players do dynamic warm-up exercises that incorporate superior and inferior body members. This serves as muscular preparation for the following exercises.



**WARM-UP 2: TECHNICAL CIRCLE** **13-5 MINUTES PER DRILL EXERCISE TIME**



**WHAT DO I NEED:**

- 10 players
- 5 balls

**NOTES:**

Five players dribble with a ball inside the circle and five players stay outside the circle. The coach has many opportunities for technical drills in this formation:

- Passing the ball with the weak foot
- After a pass, the outside player dribbles into the circle and there is a swap of the position.
- Double pass
- The players pass the ball with the weak foot. After a pass, the outside player dribbles into the circle and there is a swap of the position.

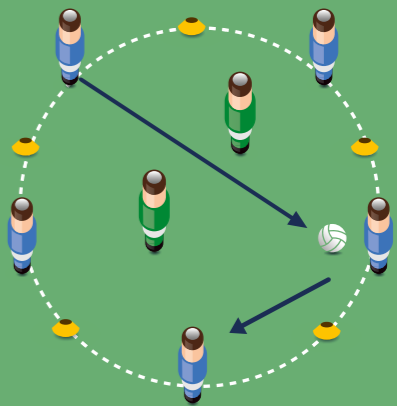
**WARM-UP 3: CLASSIC RONDO ( 4/5 VS 2 )** **3-5 MINUTES PER DRILL EXERCISE TIME**

**WHAT DO I NEED:**

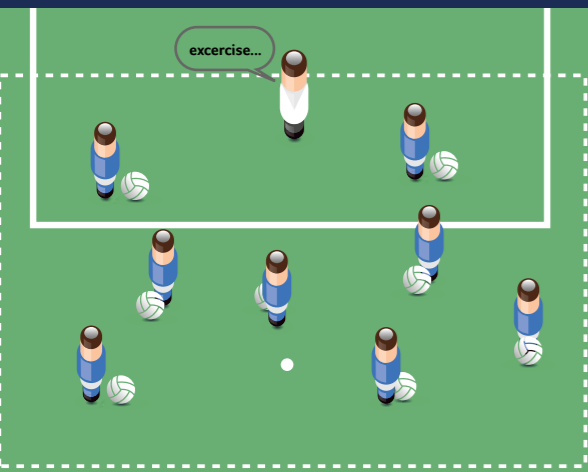
- 7 players
- 5 cones

**NOTES:**

Blue is playing 5v2 against the red team. The red player who conquers the ball swaps positions with the blue player who caused the loss of the ball. The coach can implement different rules: one touch, two touches, opportunity for blue for counter-pressing.



**WARM-UP 1** **10 MINUTES EXERCISE TIME**



**WHAT DO I NEED:**

- one ball per player, the field size depends on the number of players and their agility.

**NOTES:**

Every player dribbles the ball in the field. Before or during dribbling, the coaches describe the next exercise, e.g., touching the ball only with one foot, dribbling sideways, doing a trick. Every exercise has a number (1= dribbling with the left foot, 2= dribbling with the right foot, 3= step over, etc.).

The players practice being in motion continuously and using their brains at the same time.

**WARM-UP 4: WALKING DRILL** **3 ROUNDS EXERCISE TIME / DURATION**



**WHAT DO I NEED:**

- 4 cones
- 2 teams

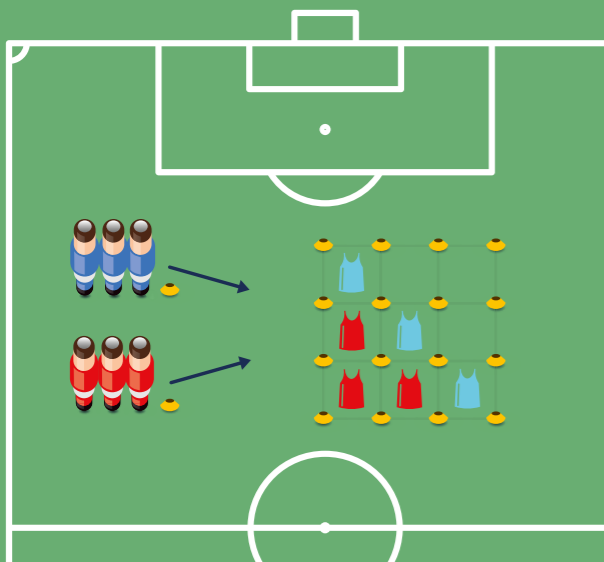
**NOTES:**

Two teams compete against each other, walking around the cone and back to the start, "high five" before the next person starts, which team will finish first, running is a foul (person must go back to the start)

- **Passing and ball control exercises (double pass, passing over a short and long-distance, possession)**

### WARM-UP 5: TIC TAC TOE

 10 MINUTES EXERCISE TIME



**WHAT DO I NEED:**

- 18 cones
- 6 bibs (3 from each colour)
- 2 balls
- at least 6 players

**NOTES:**

The players are divided in 2 teams and have to stand by a cone that marks each team's position. At the sign, one player from each team will walk as fast as possible to the tic tac toe square holding a bib, and will leave it

in one of the empty squares. When the player returns to the next player on line, they will continue the relay until a team gets 3 on line. Once all the 6 bibs are placed on the ground, the players will walk towards the square and move one bib into a new position until one team wins.

**ALTERNATIVE:**

dribbling a ball to the square and back, dribbling the ball to the square and passing back to the next teammate on line.

### WARM-UP 6: WARM-UP AROUND THE FIELD

 5 MINUTES EXERCISE TIME

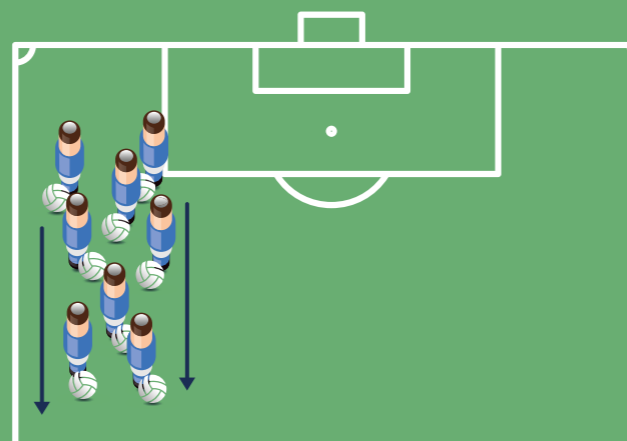
**WHAT DO I NEED:**

- a few balls that match the number of players

**NOTES:**

Each player has a ball and dribbles with both feet around the field. The players need to stay close to each other. The goal is for the players to socialize, improve

coordination with the ball and walk while frequently touching the ball.



### WARM-UP 7: DRIBBLING WARM-UP

 10 MINUTES EXERCISE TIME



**WHAT DO I NEED:**

- a few balls that match the number of players

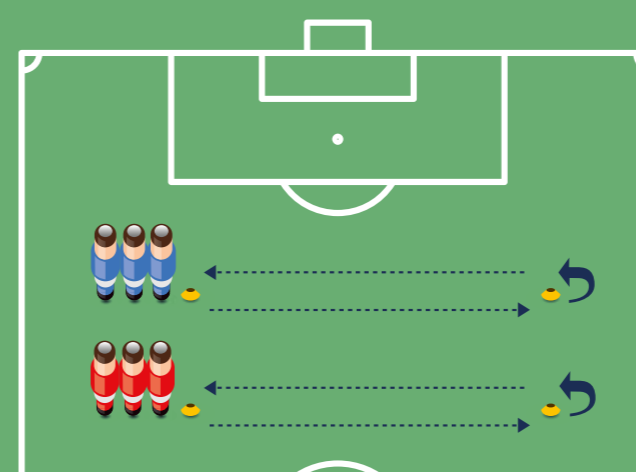
**NOTES:**

Each player has a ball and dribbles with both feet inside the box in front of the goal without touching each other. This exercise should train the player's awareness, practise

the change of direction, dribbling into empty space and multiple directions while avoiding creating a pattern.

### WARM-UP 8: LINKED (VARIATION OF WARM-UP EXERCISE 4)

 1 ROUND EXERCISE TIME / DURATION



**WHAT DO I NEED:**

- 4 cones
- 2 teams

**NOTES:**

Two teams compete against each other. Players are lined up in a single file, ordered from youngest to oldest. The first player from each team walks as fast as possible around a cone and returns to the starting point, where

they join hands with the next player in line, forming a "chain" of 2 players. Both players then walk to encircle the cone in front of them. This process continues, with more players joining the chain in each round until all players are in the chain. The team that completes the chain without breaking the handhold and finishes first wins. Running is not allowed (the person(s) must return to the starting point).

### WARM-UP 9: THE SHADOW

(VARIATION OF WARM-UP EXERCISE 6)

 5 MINUTES EXERCISE TIME

**WHAT DO I NEED:**

- One ball per pair (can also be done with three players)

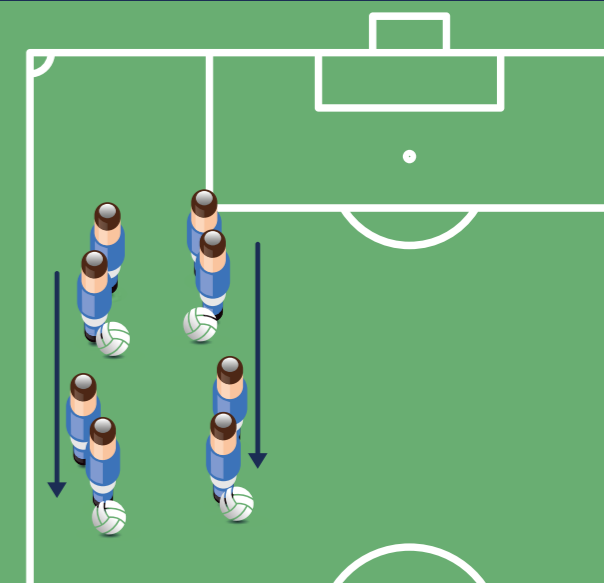
**NOTES:**

Each pair has a ball, carried by the player in front, and they walk at a good pace while making changes in direction. The player behind acts as their "shadow" and closely follows, moving without a ball, and replicating the same path and direction changes as their teammate with the ball.

Players occupy a rectangular space, approximately the size of an 11-a-side soccer field penalty area. Players move around the field without making contact with other teammates. The objective is for players to improve coordination both with and without the ball, and to touch the ball frequently.

**ALTERNATIVE:**

Switch roles; the "shadow" is the player with the ball, and they walk behind the teammate without a ball.



### WARM-UP 10: THE HUNTERS

 5 MINUTES EXERCISE TIME



**WHAT DO I NEED:**

- One ball, two vests, and a rectangular playing area, roughly the size of an 11-a-side soccer field penalty area.

**NOTES:**

There are two "hunters" wearing vests of a different colour from the rest of the players. The hunters pass the ball to each other with ground passes while "hunting" the

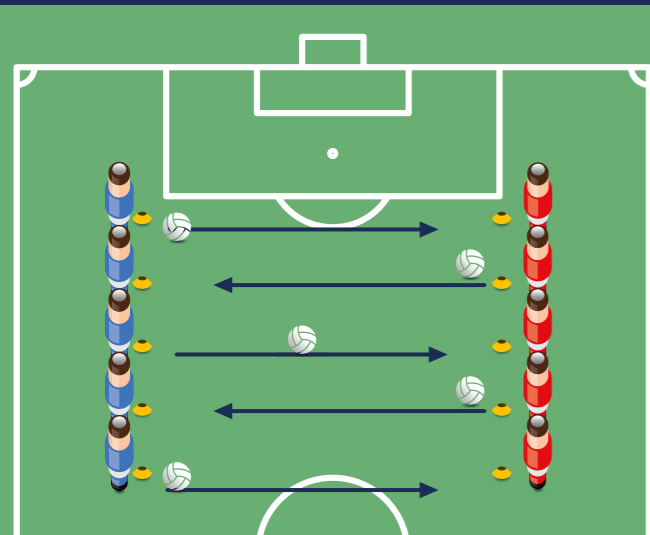
other players, who walk fast without running. Players are considered caught if the ball touches their feet after a pass or shot from the hunters. They can avoid being caught if they control the ball after a hunter's shot. In that case, they stop and leave the ball in that spot. The caught players must stay still where they were caught and now assist the hunters by passing the ball to them, although they cannot make shots. Running and jumping are not allowed.



# PASSING AND BALL CONTROL

## BALL PASSING EXERCISE I

 10 MINUTES EXERCISE TIME



**WHAT DO I NEED:**

- half the number of balls of the number of players

**NOTES:**

All players line up with another player across from them. Players work in pairs and pass over an initial distance of the width of the penalty area (smaller depending on the age of players and their physical

conditions). The aim here is for players to keep the ball on the ground and get it to their partner as quickly as possible (only walking) using a driven pass. In terms of passing, the first objective is to use the correct surface of the foot to pass with power and precision. When receiving, the first touch should be with the inside before setting up the next pass, using both feet to receive the ball.

## BALL PASSING EXERCISE II

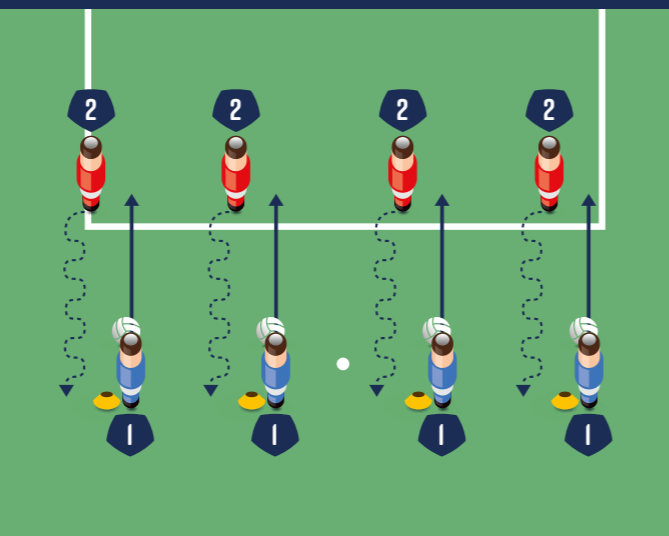
 10 MINUTES EXERCISE TIME

**WHAT DO I NEED:**

- half the number of balls of the number of players

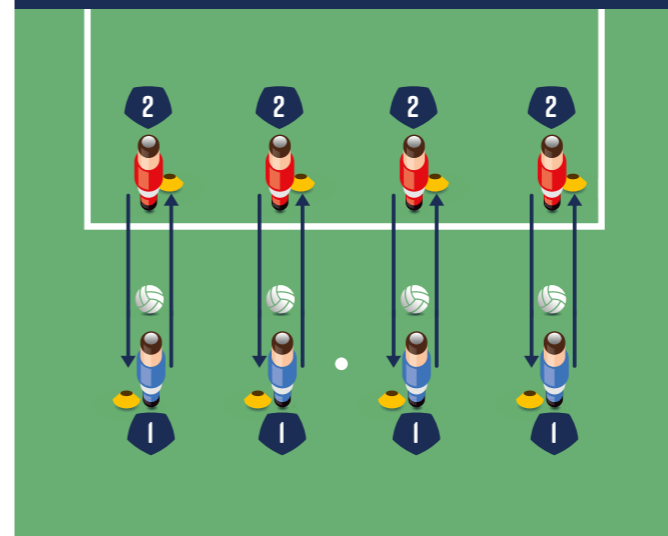
**NOTES:**

Player 1 passes to Player 2 and follows the pass. Player 2 receives the ball and dribbles back to the initial position. This improves the passing and dribbling skills.



**PRO** BALL PASSING EXERCISE III

 10 MINUTES EXERCISE TIME



**WHAT DO I NEED:**

- half the number of balls of the number of players

**NOTES:**

Players stand ten meters apart across from each other. 2 Players pass the ball back and forth, without changing position. Players can only use the inside part of the feet to pass and receive the ball. Objectives include learning

passing while using the correct surface of the foot to pass improving power and precision. Players should also practise receiving the ball - first touch with the inside, set up the next pass, use both feet to receive the ball.

## PASSING SQUARE

 10 MINUTES EXERCISE TIME

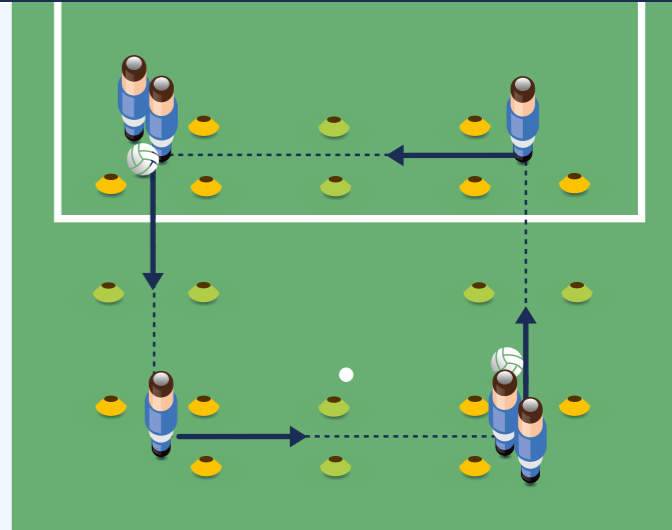
**WHAT DO I NEED:**

- 6 players per square
- 2 balls

**NOTES:**

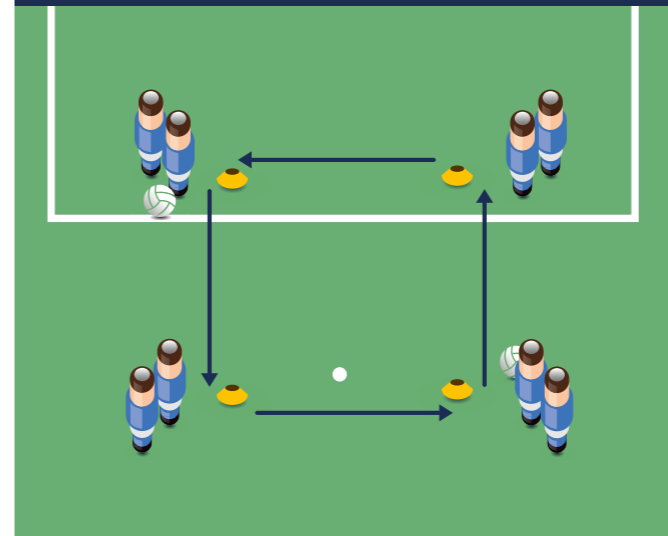
6 players per square. Setup a 2-yard passing gate & a first touch gate at each corner. Also, set up a passing gate in the middle of each side of the square. The player objective is for each pass to go through the passing gates and the first

touch to go through the gate towards the direction of the next pass. The central passing gate is to further encourage a directional first touch and a more accurate pass down the line. You can make it a contest to see how many times an individual player is successful at passing through the gate and/or getting the first touch through the gate. A point is awarded for both.



## PASSING SQUARE II

 2 X 4 MINUTES EXERCISE TIME (CHANGE DIRECTION AFTER 4 MINUTES)



**WHAT DO I NEED:**

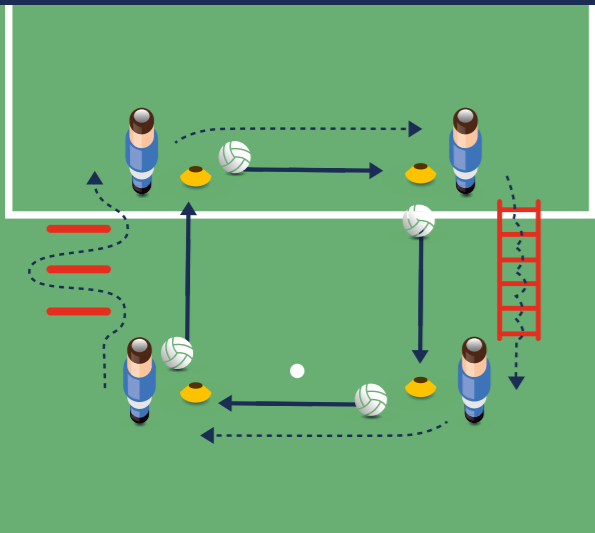
- 4 cones
- 2 balls
- at least 8 players

**NOTES:**

Round 1 only right foot, round 2 only left foot, 2 touches at the cone, follow the ball (no running), play with 2 balls from the beginning

### PASSING SQUARE III

**10 MINUTES EXERCISE TIME**



**WHAT DO I NEED:**

- 4 cones
- 1 ball
- a ladder
- 3 lateral gates

From position 3-4, after the pass players need to perform coordination on the ladder. The objective is to learn how to pass, receive, improve coordination and agility.

**NOTES:**

Players pass and follow their pass in the 6x6m square. From position 1-2, after the pass players need to go through the lateral gates.

### CORNER PAIRS

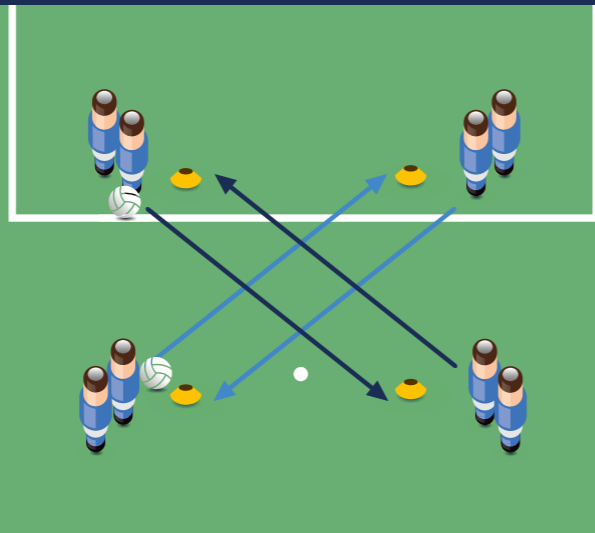
**2 X 4 MINUTES EXERCISE TIME (CHANGE DIRECTION AFTER 4 MINUTES)**

**WHAT DO I NEED:**

- 4 cones
- 2 balls
- at least 8 players

**NOTES:**

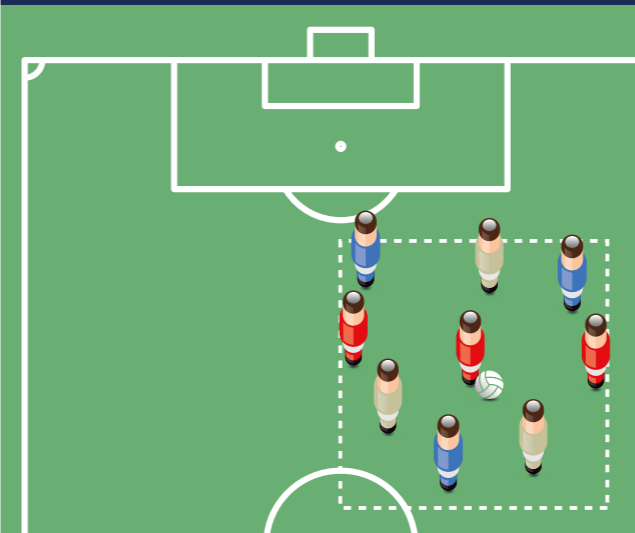
Round 1 only right foot, round 2 only left foot, 2 touches at the cone, follow the ball (no running)



PRO

### POSSESSION GAME I

**12 MINUTES EXERCISE TIME**



**WHAT DO I NEED:**

- 3 teams of players
- 1 ball,
- 30x25m split in half

The defending team tries to recover the ball and reach the same objective during the attacking phase. Objectives are a rational occupation of space, creating passing lines left, right, forward, and back, pressuring and covering, reacting to ball loss and focus and cooperation.

**NOTES:**

One of the three teams is neutral and is playing only with the team in possession of the ball. The team in possession scores a point after completing 4 passes.

PRO

### POSSESSION GAME II

**12 MINUTES EXERCISE TIME**

**WHAT DO I NEED:**

- 2 teams of 4 players
- 1 ball,
- 30x25m

The team on defence tries to recover the ball and reach the same objective during the attacking phase. Objectives include rational occupation of space, passing lines creation - left, right, forward, and backpressure and cover, reacting to ball loss and practising focus and cooperation.

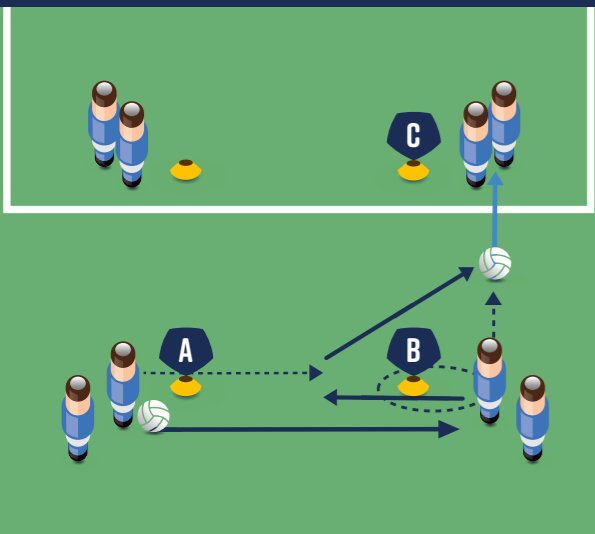
**NOTES:**

Two neutral players are located on the outside of the square. The team in possession scores a point after completing 4 passes.



### GIVE AND GO

**2 X 4 MINUTES EXERCISE TIME (CHANGE DIRECTION AFTER 4 MINUTES)**



**WHAT DO I NEED:**

- 4 cones
- 2 balls
- at least 8 players

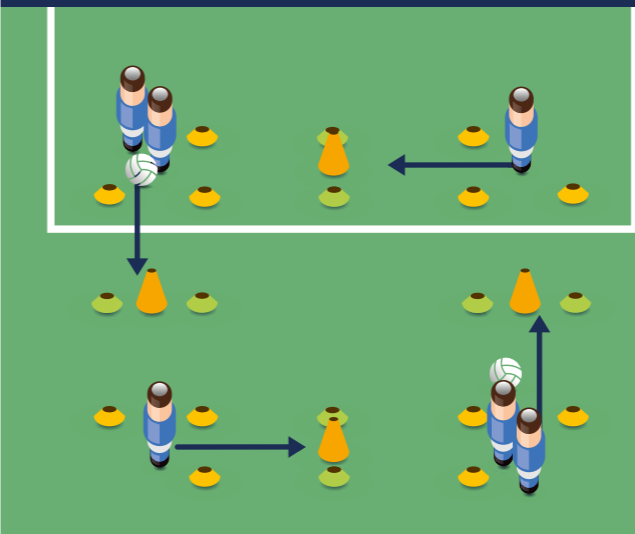
Process: A passes the ball to B, A starts walking, B passes back to A, B walks around the cone, B gets a diagonal pass from A, B passes the ball to C.

**NOTES:**

Round 1 only right foot, round 2 only left foot, 1 touch, follow the ball (no running)

### ACCURACY DRILL

**10 MINUTES EXERCISE TIME**



**WHAT DO I NEED:**

- 6 players per square
- 2 balls

After they knock down the cone, the player must stand it back up on his way to the next position. Who can be the player to "Hit the Cone" the most?

**NOTES:**

Place a tall cone in each middle gate and add an accuracy challenge for the players. Each time they knock down the tall cone, they get a point - but their pass must also go through the passing gate to the next player.

### DRIBBLING WITH A BALL

**10 MINUTES EXERCISE TIME**

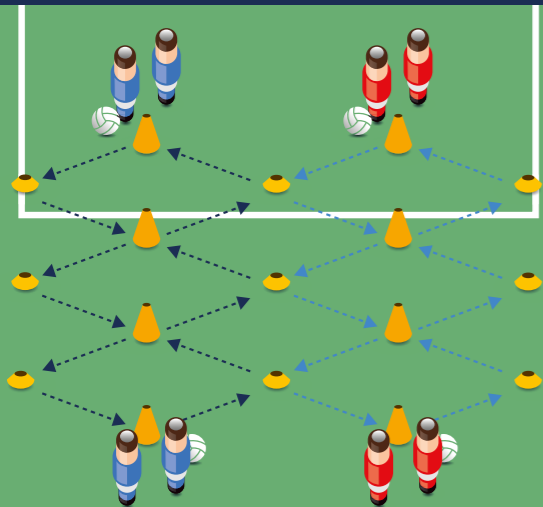
**WHAT DO I NEED:**

- at least 2 players
- 2 balls
- 9 cones

**NOTES:**

The players start from the four starting points and move right to the yellow cone, then left to the red cone with the ball at their feet. The players should turn in front of the cones, not behind them. Exercise 1: clip the

ball with the instep in front of each cone. Exercise 2: clip the ball with the outstep in front of each cone. Exercise 3: step over in front of each cone. Exercise 4: turn 360 degrees in front of each cone. Exercise 5: fake shot trick in front of each cone. Exercise 6: complete each of the five previous skills one after another, so that everything that has previously been learned can be practised in one go.



### PASSING DRILL I

**10 MINUTES EXERCISE TIME**

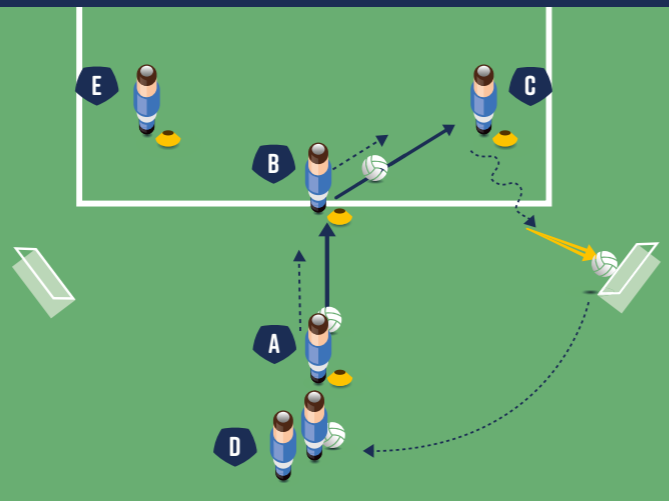
**WHAT DO I NEED:**

- at least 5 players
- 1 ball
- 4 cones
- 2 goals

**NOTES:**

The players are at the five points with the cones. Player A is passing to player B, player B takes the ball to one side to pass to player C or E (C in

the picture). C receives the ball, dribbles, and shoots on the goal. Then, every player moves up one position and the drill starts over.



### PASSING DRILL II: ALTERNATE PASSING

**10 MINUTES EXERCISE TIME**

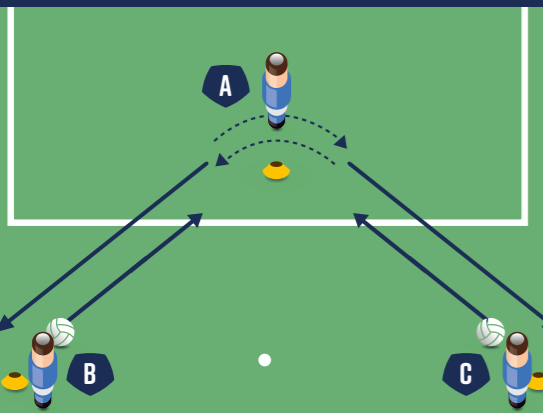
**WHAT DO I NEED:**

- at least 3 players
- 1 ball
- 3 cones

**NOTES:**

The players are at the points with the cones. The focus is on player A. He is moving around the cone and plays a double pass with players B and C. The coach must keep

an eye on a good passing game. The action time for player A should not last longer than two to three minutes. After player A is done, players switch positions.



### PASSING DRILL III: PASS - RECEIVE - PASS

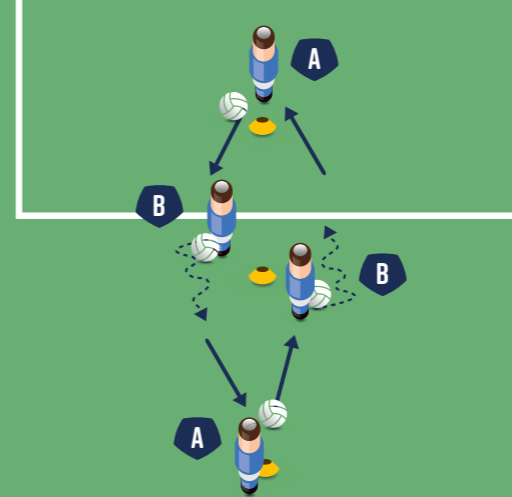
**10 MINUTES EXERCISE TIME**

**WHAT DO I NEED:**

- 3 gates
- 1 ball
- at least 2 players

**NOTES:**

Player A passes the ball to player B. B receives the ball, turns around and dribbles around the cone. Afterwards, he passes to the opposite player A. Player B turns around again and receives the next ball from player A.



### GATE GAME

**10 MINUTES EXERCISE TIME**

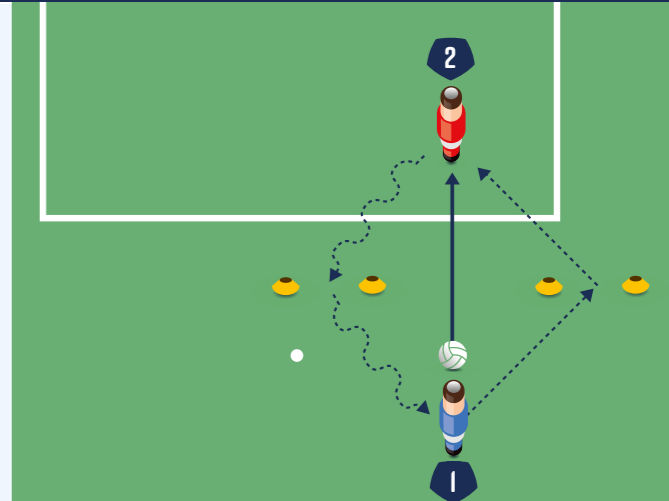
**WHAT DO I NEED:**

- 4 gates
- 1 ball
- at least 2 players

**NOTES:**

Player 1 passes to player 2. After the pass, Player 1 runs to one of the lateral gates. Player 2 needs to dribble through the opposite gate chosen by Player 1.

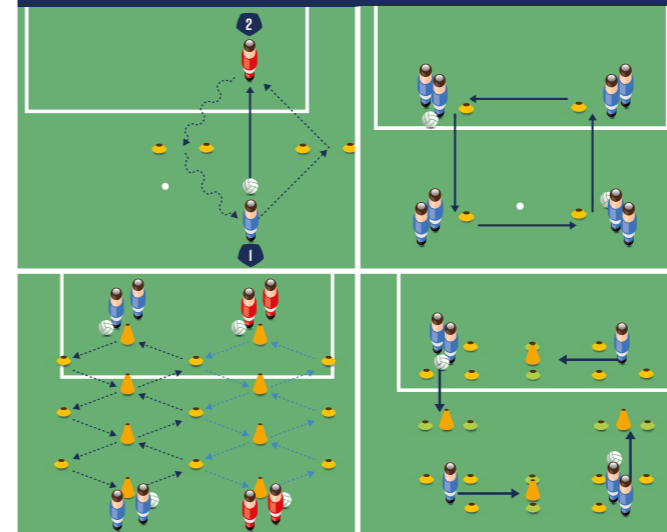
The objectives are to improve passing and dribbling as well as focus and reaction.



### TURNS AND MOVES SESSION

**NOTES:**

1. warm up
2. Grid touch and technique working on both feet.
3. 1v1 moves to beat a player & changes of direction.
4. Dribbling game, combinations or switch of play
5. encourage good possession on the ball
6. Game development 6 v 6 Shape and setting expectations.



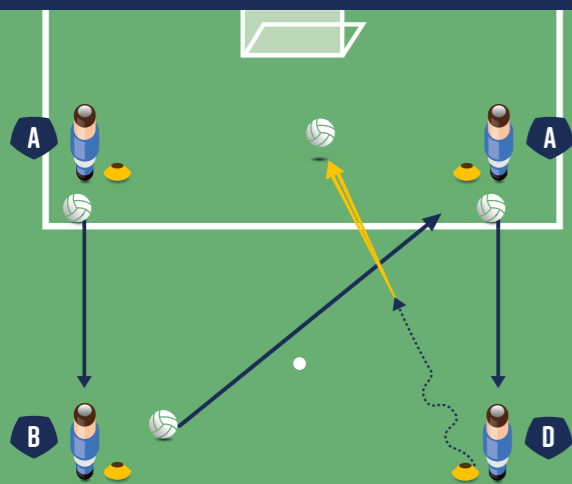


# SHOOTING

(SHOT ON GOAL WITH/WITHOUT PASSING DRILLS)

## SHOOTING DRILL

2 X 5 MINUTES EXERCISE TIME/DURATION



### WHAT DO I NEED:

- 4 cones
- 4 players,
- 1 player to protect the goal

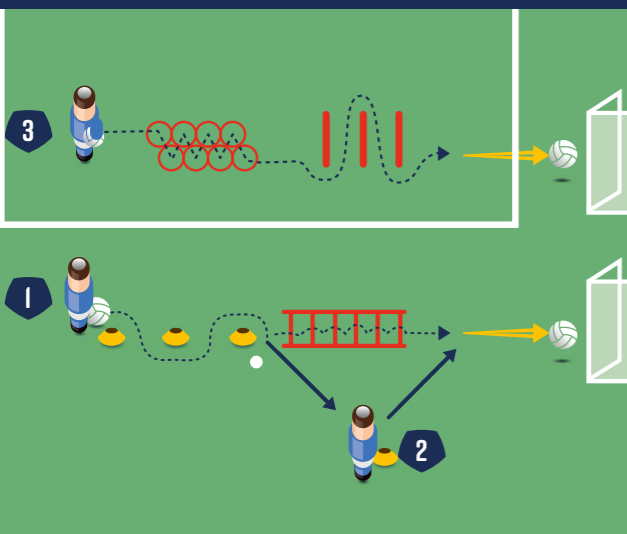
### NOTES:

A passes the ball to B, B passes the ball to C, C passes the ball to D, D is the shooter. This round, players should use only their left foot.

Round 2: C passes to D, D passes to A, A passes to B, B is the shooter, 2 contacts, follow the ball, players should only use their right foot.

## DRIBBLING WITH A BALL ENDING IN TAKING A SHOT

12 MINUTES EXERCISE TIME



### WHAT DO I NEED:

- 3 cones,
- 2 balls,
- 3 lateral gates,
- agility rings
- ladder

### NOTES:

Player 1 dribbles through the cones and passes to Player 2; Player 1 goes through the ladder; Player 2 passes back

to Player 1 who shoots at the net. Player 3, with the ball on his hands, goes through the agility rings. And after putting the ball on the ground, goes through the lateral gates and takes a shot. Rotation: P1-P2-P3. The objectives include practicing dribbling, passing, receiving, shooting, coordination, and agility.

## MINE FISHING

6 MINUTES EXERCISE TIME



### WHAT DO I NEED:

- ± 12 - 15 cones
- 1 ball

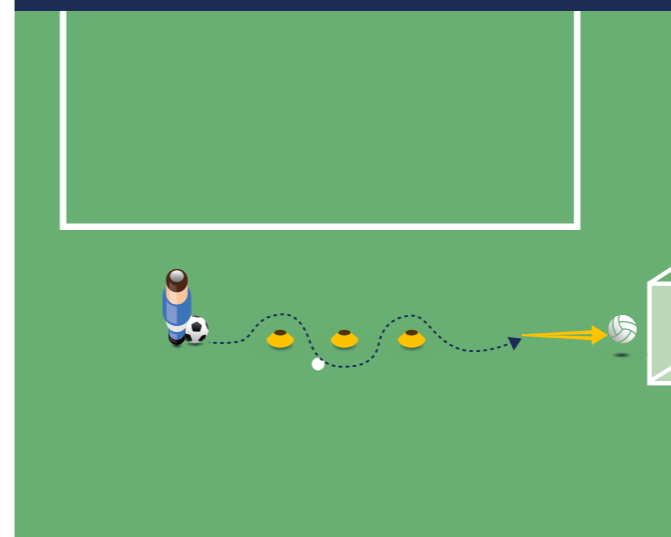
### NOTES:

Players need to go through the "mine field" of lateral gates, without touching any "mine." At the end of the field, players take a shot towards the net. Dribbling, changing

direction, shooting and agility are being trained.

## DRIBBLING AND SHOOTING

6 MINUTES EXERCISE TIME



### WHAT DO I NEED:

- 3 cones
- 1 ball

### NOTES:

Players dribble through the cones and take a shot at one of the two small nets inside the regular net. Players practice dribbling, ball coordination, shooting, precision, and accuracy.



# SITUATIONS CLOSE TO THE GAME

(OUTNUMBERED, DEFENSIVE, AND OFFENSIVE SITUATIONS)

## INDIRECT COMBINATION PLAY

6/8 MINUTES EXERCISE TIME

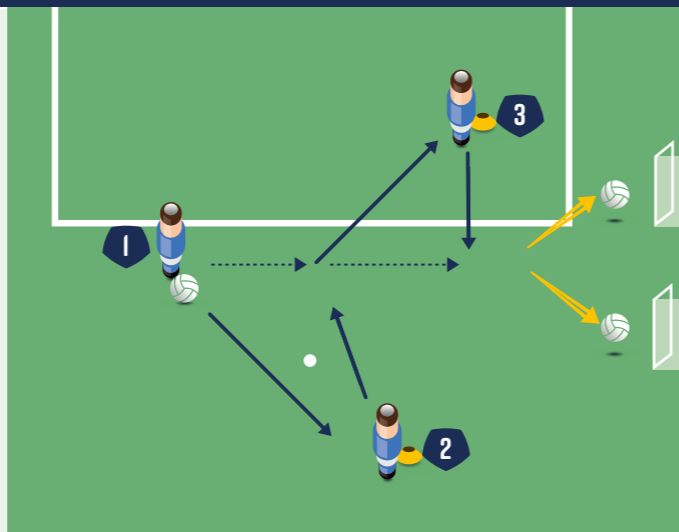
### WHAT DO I NEED:

- 13 lateral gates
- 1 ball

### NOTES:

Player 1 passes to Player 2; Player 2 returns the pass to Player 1; Player 1 receives and passes to Player 3; Player 3 receives the ball and shoots at one of the two nets.

Rotation: P1-P2-P3.  
The objectives are passing, receiving, combination play, movement, and shooting.



## DIRECT COMBINATION PLAY

6/8 MINUTES EXERCISE TIME

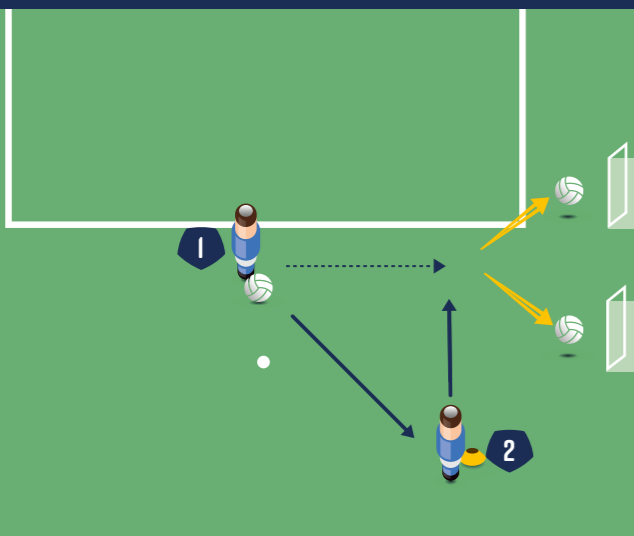
### WHAT DO I NEED:

- 18 cones
- 6 bibs (3 from each colour)
- 2 balls
- at least six players

### NOTES:

Player 1 passes to Player 2; Player 1 moves towards space and receives back the pass from Player 2; Player 1 finishes in one of the nets.

The players practice passing, receiving, combination play, movement, and shooting.



## 2 VS 1 OVERLOAD

12 MINUTES EXERCISE TIME

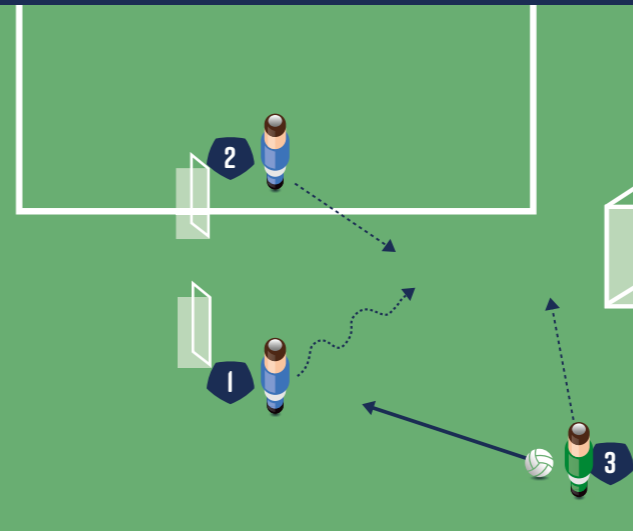
### WHAT DO I NEED:

- 3 lateral gates
- 1 ball
- 2 small goals

### NOTES:

Repetition starts with the defender (P3) passing to one of the attackers (P1/P2). Attackers try to score in the net by creating a 2v1 situation. If defender recovers

possession of the ball, tries to score in one of the 2 small nets. Objectives include taking advantage of overload; teamwork and cooperation; decision-making, passing and receiving, dribbling, and shooting.



## NEUTRALS GAME

15/20 MINUTES EXERCISE TIME

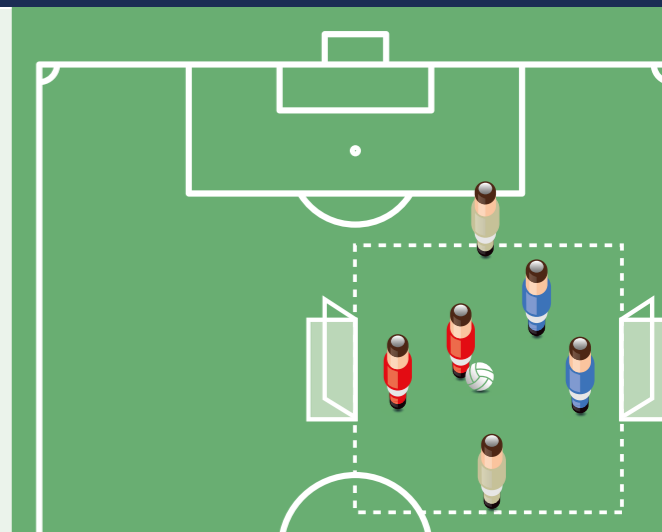
### WHAT DO I NEED:

- 1 ball,
- at least 6 players
- 30x20/35x25m

### NOTES:

2v2 on the inside of the space and 1 neutral player on each side of the square. The neutral players (Yellow) always play with the team with possession of the ball.

The game is played with the "Walking Football" rules. If a player receives the ball and traps it between both legs, no player can retrieve the ball. The objectives are the ability to rationally take up the game space, know the general game principles, and to pass, receive and dribble in a game context.



## SMALL-SIDED GAME

20 MINUTES EXERCISE TIME

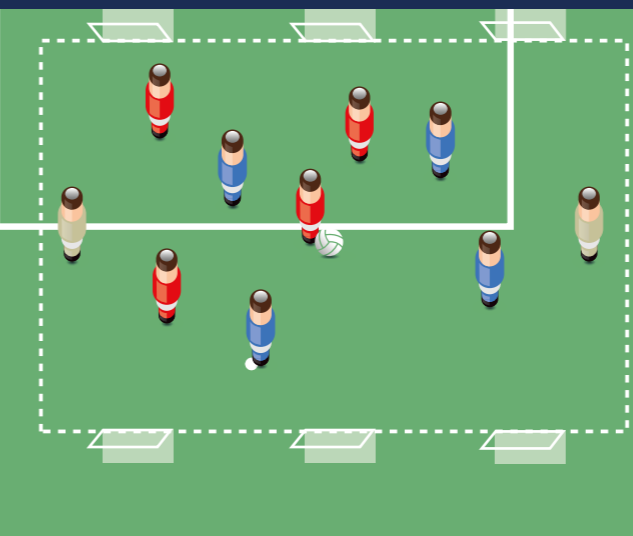
### WHAT DO I NEED:

- 10 players
- 1 ball
- 6 small goals
- 20x30m

### NOTES:

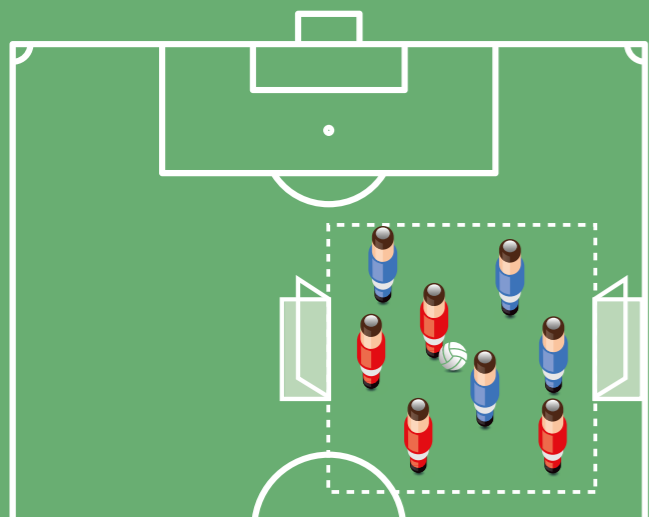
There are two teams of four and two neutral players. In the small-sided game, the neutral players play with the team in possession creating a 6v4.

The team in possession tries to score in one of the three small nets. The goal is for players to rationally occupy the game space, understand the general game principles, passing, receiving and dribbling in a game context, as well as decision-making and scoring in the net that has the least number of players.



### SMALL-SIDED GAME II

 15/20 MINUTES EXERCISE TIME



**WHAT DO I NEED:**

- 8 players
- 1 ball
- 20x15m

**NOTES:**

Players should play a small-sided game with the regular rules. The objectives are to practice the rational occupation of the game space, general game

principles, passing, dribbling, and receiving in a game context as well as attacking and defending and the principles of the game.

### SHOELACES-PASS

 15/20 MINUTES EXERCISE TIME

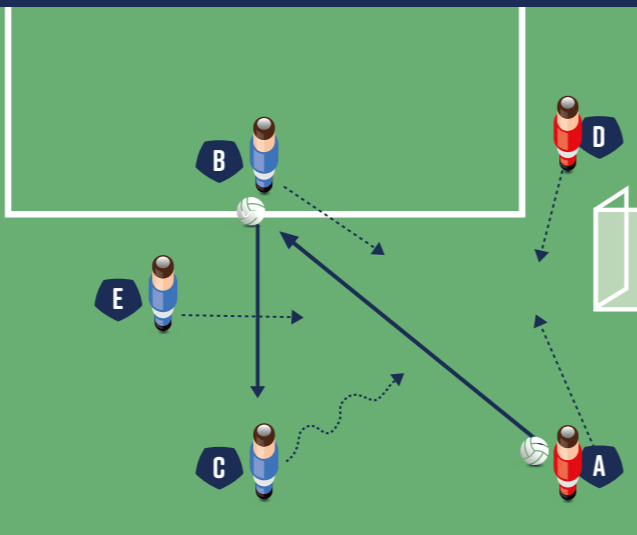
**WHAT DO I NEED:**

- 1 ball
- 5 players
- 5 cones

**NOTES:**

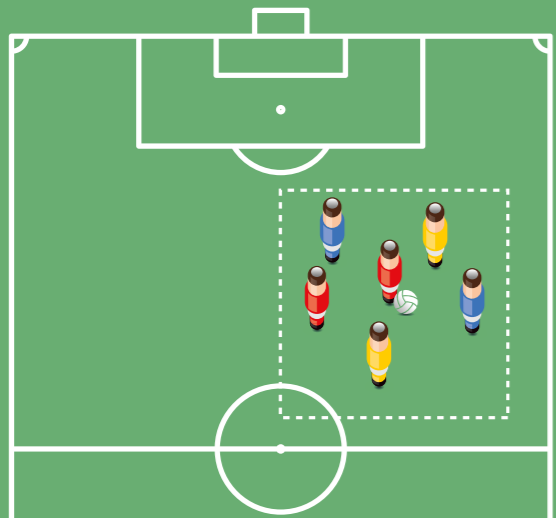
A & D are the future defenders, B, C & E are the future attackers. A starts the drill with a long pass to B. B receives the ball and passes it to C. C is playing a long pass

to D, who plays a long pass to E. When E receives the ball, the two defenders come forward and try to defend the goal against the attackers B, C & E. If the attackers score a goal, the drill is over, and the next players start. If the defenders conquer the ball, they could receive a point for dribbling to the former attacker's position.



### 2+2 VS 2

 15/20 MINUTES EXERCISE TIME



**WHAT DO I NEED:**

- 1 ball
- 4-6 players

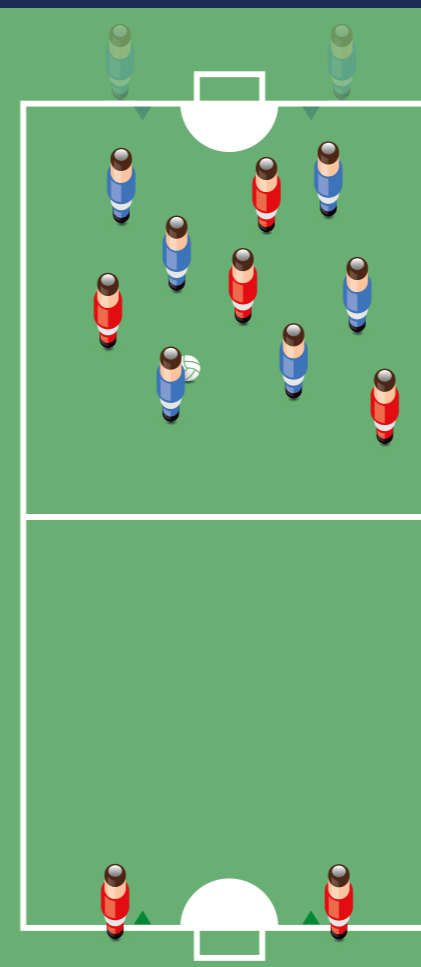
**NOTES:**

Two teams of two to three players are playing against a third team. In the case in the picture, it is 4v2 (blue and yellow v green).

The main goal for the mixed team is to collect as many passes as possible. The goal of the green team is to capture the ball. In case a blue/yellow player loses the ball to the red team or passes the ball outside the pitch, the blue/yellow team is outnumbered and must capture the ball.

### 4 VS 4 (+2)

 15/20 MINUTES EXERCISE TIME



**WHAT DO I NEED:**

- 1 ball,
- 10 players,
- 2 goals

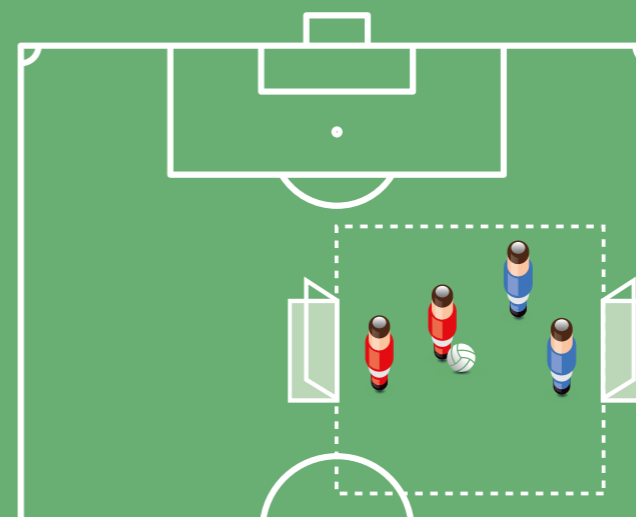
**NOTES:**

Green plays blue 4v4. Every team has two additional players in the opponent's half of the pitch. The two players support their team in the attacking phase (4v4 -> 6v4).

In every attacking phase, at least one of the additional players had to be part of the attack. The game is played with the "Walking Football" rules. If a player receives the ball and traps it between both legs, no player can retrieve the ball. Objectives include learning the rational occupation of the game space, the general game principles, as well as passing, receiving, and dribbling in the game context.

### REGULAR GAME 2 VS 2 / 3 VS 3 / 4 VS 4

 15/20 MINUTES EXERCISE TIME



**WHAT DO I NEED:**

- 1 ball
- at least 4 players
- 20x15/25x15/30x20

**NOTES:**

The game is played with the "Walking Football" rules. If a player receives the ball and traps it between both legs, no player can retrieve the ball.

Objectives include learning the rational occupation of the game space, the general game principles, as well as passing, receiving, and dribbling in the game context.


## SPORTKINETICS EXERCISES



**KINETIC 1**

### WARM-UP WITH PARTNER R/L/RL


<b>EQUIPMENT</b>	<b>SET-UP</b>
<ul style="list-style-type: none"> <li>2 cones</li> <li>1 ball</li> <li>2 players</li> </ul>	Players face each other / distance 10 meters
<b>DURATION</b>	<b>SEQUENCE</b>
3 x 2 minutes (change feet after every 2 minutes)	Round 1 right foot only, round 2 left foot only, round 3 right/left foot alternating.



**KINETIC 2**

### SIMPLE NUMBER LINE (SUGGESTION 4, 6, 7)

<b>EQUIPMENT</b>	<b>SET-UP</b>
<ul style="list-style-type: none"> <li>2 cones</li> <li>1 ball</li> <li>2 players</li> </ul>	Players stand opposite each other / distance 10 meters
<b>DURATION</b>	<b>SEQUENCE</b>
3 x 1 minute (break of 30 seconds)	Players pass the ball to each other/free choice of foot/ for each pass, name the next number in the row (new for 40/60/70).



**KINETIC 3**

### NUMBER LINE DIFFICULT (SUGGESTION 3 AND 5, 6 AND 9)


<b>EQUIPMENT</b>	<b>SET-UP</b>	
<ul style="list-style-type: none"> <li>2 cones</li> <li>1 ball</li> <li>2 players</li> </ul>	Players face each other / distance 10 meters	
<b>DURATION</b>	<b>SEQUENCE</b>	
2 x 1 minute (break of 30 seconds)	Players pass the ball to each other/free choice of feet/	name the next number in the row for each pass (for example, start with 0-3-9-12... and when they reach 30 they continue with 35-40-45-50; this sequence could be any combination, from simple ones to more difficult ones).



**KINETIC 4**

### SPELLING (FIRST NAME FORWARDS / FIRST NAME BACKWARDS)

<b>EQUIPMENT</b>	<b>SET-UP</b>
<ul style="list-style-type: none"> <li>2 cones</li> <li>1 ball</li> <li>2 players</li> </ul>	Players face each other / distance 10 meters
<b>DURATION</b>	<b>SEQUENCE</b>
2 x 1 minute (break of 30 seconds)	Players pass the ball to each other/free choice of foot / with each pass, name the next letter of the first name / I-N-A-A-N-I.



**KINETIC 5**

### RAISE ARM SAME SIDE


<b>EQUIPMENT</b>	<b>SET-UP</b>
<ul style="list-style-type: none"> <li>2 cones</li> <li>1 ball</li> <li>2 players</li> </ul>	Players stand opposite each other / distance 10 meters
<b>DURATION</b>	<b>SEQUENCE</b>
2 x 1 minute (break of 30 seconds)	Players pass the ball to each other/free choice of feet / raise the arm on the side of the playing foot with each pass.



**KINETIC 6**

### RAISE ARM OTHER SIDE

<b>EQUIPMENT</b>	<b>SET-UP</b>
<ul style="list-style-type: none"> <li>2 cones</li> <li>1 ball</li> <li>2 players</li> </ul>	Players stand opposite each other / distance 10 meters
<b>DURATION</b>	<b>SEQUENCE</b>
2 x 1 minute (break of 30 seconds)	Players pass the ball to each other/free choice of feet / raise the arm on the far side of the foot for each pass.



**KINETIC 7**

### EVEN - ODD (VARIATIONS: MALE/FEMALE OR COUNTRIES IN EUROPE / COUNTRIES OUTSIDE EUROPE)

<b>EQUIPMENT</b>	<b>SET-UP</b>
<ul style="list-style-type: none"> <li>2 cones</li> <li>1 ball</li> <li>2 players</li> </ul>	Players stand opposite each other / distance 10 meters
<b>DURATION</b>	<b>SEQUENCE</b>
2 x 1 minute (break of 30 seconds)	Players pass the ball to each other/free choice of feet / for each pass name a number from 1-10 / even=right odd=left.



**KINETIC 8**

### PASS AND THROW

<b>EQUIPMENT</b>	<b>SET-UP</b>
<ul style="list-style-type: none"> <li>• 2 cones</li> <li>• 1 ball</li> <li>• 2 players</li> </ul>	Players stand opposite each other / distance 10 meters
<b>DURATION</b>	<b>SEQUENCE</b>
2 x 1 minute (break of 30 seconds)	Players pass the ball to each other/free choice of feet / for each pass one player throws a ball + other player passes.



**KINETIC 9**

### PASS 1-CLAP 3


<b>EQUIPMENT</b>	<b>SET-UP</b>
<ul style="list-style-type: none"> <li>• 2 cones</li> <li>• 1 ball</li> <li>• 2 players</li> </ul>	Players stand opposite each other / distance 10 meters
<b>DURATION</b>	<b>SEQUENCE</b>
1 x 1 minute	Players pass the ball to each other/free choice of feet / for each pass call the number 1, clap, 3.



**KINETIC 12**

### 360 DEGREES

<b>EQUIPMENT</b>	<b>SET-UP</b>
<ul style="list-style-type: none"> <li>• 2 cones</li> <li>• 1 ball</li> <li>• 2 players</li> </ul>	Players stand opposite each other / distance 10 meters
<b>DURATION</b>	<b>SEQUENCE</b>
1 x 1 minutes	Players pass the ball to each other / free choice of foot / turn left or right on each pass / change at the next pass. Change at next pass.



**KINETIC 13**

### 360 DEGREES + NUMBER LINE

<b>EQUIPMENT</b>	<b>SET-UP</b>
<ul style="list-style-type: none"> <li>• 2 cones</li> <li>• 1 ball</li> <li>• 2 players</li> </ul>	Players stand opposite each other / distance 10 meters
<b>DURATION</b>	<b>SEQUENCE</b>
1 x 1 minutes	Players pass the ball to each other / free choice of foot / turn left or right for each pass and announce the number line / change at the next pass. Change at next pass.



**KINETIC 10**

### PASS MEOW CLAP 3


<b>EQUIPMENT</b>	<b>SET-UP</b>
<ul style="list-style-type: none"> <li>• 2 cones</li> <li>• 1 ball</li> <li>• 2 players</li> </ul>	Players stand opposite each other / distance 10 meters
<b>DURATION</b>	<b>SEQUENCE</b>
1 x 1 minute	Players pass the ball to each other/free choice of foot / with each pass call out the number sequence Meow, Clap, 3.



**KINETIC 11**

### PASS MEOW CLAP THREE


<b>EQUIPMENT</b>	<b>SET-UP</b>
<ul style="list-style-type: none"> <li>• 2 cones</li> <li>• 1 ball</li> <li>• 2 players</li> </ul>	Players stand opposite each other / distance 10 meters
<b>DURATION</b>	<b>SEQUENCE</b>
1 x 1 minute	Players pass the ball to each other/free choice of foot / with each pass call the number sequence Meow, Clap, three.



**KINETIC 14**

### EXPLAINING A TERM (ELEPHANT, CORNER BALL, BAGPIPES, BUS DRIVER)

<b>EQUIPMENT</b>	<b>SET-UP</b>
<ul style="list-style-type: none"> <li>• 2 cones</li> <li>• 1 ball</li> <li>• 2 players</li> </ul>	Players stand opposite each other / distance 10 meters
<b>DURATION</b>	<b>SEQUENCE</b>
4 rounds	Players pass the ball to each other / free choice of foot / one player tries to explain a term to the other player.



**KINETIC 15**

### ROCK, PAPER, SCISSORS

<b>EQUIPMENT</b>	<b>SET-UP</b>
<ul style="list-style-type: none"> <li>• 2 cones</li> <li>• 1 ball</li> <li>• 2 players</li> </ul>	Players stand opposite each other / distance 2 meters
<b>DURATION</b>	<b>SEQUENCE</b>
1 x 1 minutes	The winner of scissors/rock/paper raises his/her other arm as fast as possible.

KINETIC  
16

## FINGER - FOCUS (EYES OPEN)

## EQUIPMENT

- 1 player

## DURATION

1 x 40 seconds per leg

## SET-UP

Players stand comfortably with enough space

## SEQUENCE

Stand on one leg / focus fingers / 6 directions in total / eyes are open.

KINETIC  
17

## FINGER - FOCUS (EYES CLOSED)

## EQUIPMENT

- 1 player

## DURATION

1 x 40 seconds per leg

## SET-UP

Players stand comfortably with enough space

## SEQUENCE

Stand on one leg / focus fingers / 6 directions in total / eyes are closed.



# ENDING MATCH

## (TO TRAIN THE TAUGHT SKILLS)

At the end of the practice, there should be a friendly match with the official Walking Football rules.



# COOL DOWN

## (STATIC STRETCHING, SOCIALISING SESSION, ETC.)

Static stretching is necessary to be done, so they can bring down their heart rate and recover their muscles. (You can use the exercises from the warm-up).

Offer your participants a socialising session providing coffee, tea and/or water after the training and a space to talk and be social!

## FINAL WORD

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EFDN would like to thank all the project partners (Vålerenga Fotball, Ferencvárosi Torna Club, Bayer 04 Leverkusen, Rangers Charity Foundation, Fundação Benfica, Real Betis Balompié, FC Schalke 04, Morton in the Community, Newcastle United Foundation and Eintracht Frankfurt) for their contribution to the realisation of the Walking Football training handbook.

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Questions?  
In need of further information?

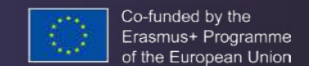
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