# LET'S PLAY AN INDIVIDUAL GAME!

Individual games help each child improve their abilities and meet their individual needs.
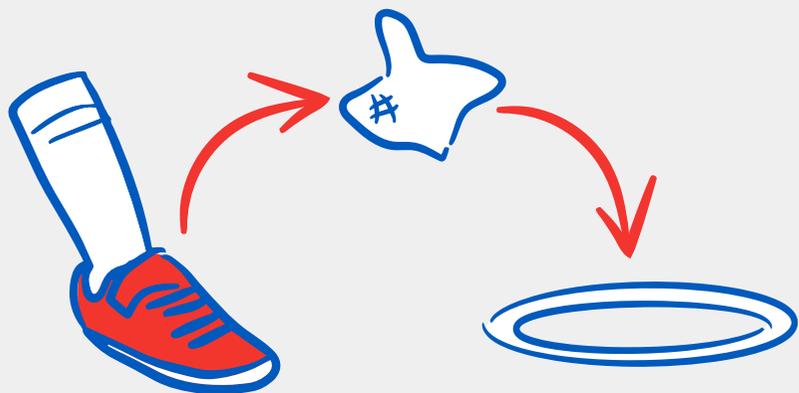
BALANCE THE BEANBAG ON YOUR FOOT

LAUNCH THE BEANBAG INTO THE AREA
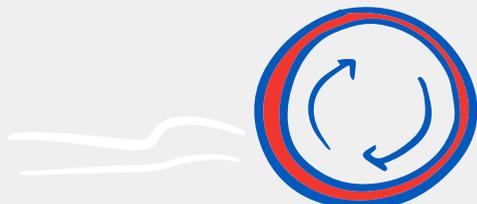
How does it work?

Each child has an object such as a ball or something like a hoop or a bean bag. They then move it and interact with it in different ways.

Anything else?

Racing, shooting, dribbling with a ball can all be Individual games, where children play on their own, or share game ideas with their friends.

What's the point of an individual game?

It gives a child lots of different opportunities to move in different ways, and to experience moving different objects in different ways. It's also gives them the freedom to explore and try new things.

Want an example?

Give each child a beanbag and ask them to balance it on their foot, one foot then the other, or launching it from their foot into a target area.

Some children may be doing really well in a quiet and unassuming way – try to recognise them as much as the ones who jump up and down in front of you!
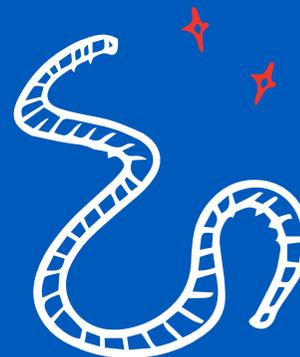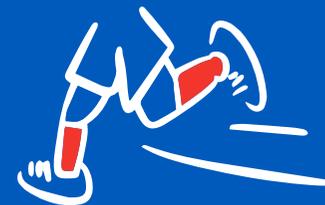
WHERE CAN YOU TAKE THE GAME?

BALANCE THE BALL IN DIFFERENT WAYS: ON YOUR HAND, HEAD OR KNEE
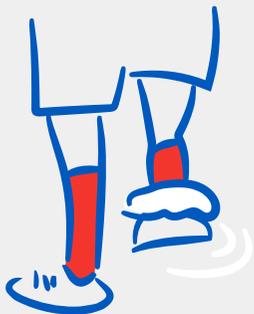
BALANCE LIKE A STORK!

USE TIME AS A TARGET OR COUNTDOWN
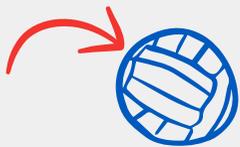
THROW THE BALL TO THE TARGET

You can mix The Individual Game up in lots of ways:

Try lots of different types of equipment.

Bring it to life by asking the child to mimic an animal – like a stork balancing the beanbag on one leg. Can the child do the same, without it falling off, or them falling over?

Plan ways to make the game easier or harder. Pitching it just out of their range can help them focus, concentrate and grow more.

Pair children up, so one shows a skill (or something that they can do) and their partner tries to copy.

Have kicking, throwing and catching games.

See more ways to take the Individual Game somewhere new with the Idea Generator in your Play Book or with the Play Phase Activity Cards. Find them at **Learn.EnglandFootball.com**.