

Give it a Go Brownies football badge



To gain your 'Give it a Go' Football badge you must complete the following activities or take part in a 60 minute taster session with your unit leader, a Ranger or a local coach.

1 Activity 1 - Paired passing

- In pairs, facing each other- take 10-15 steps backwards.
- Pass the ball to your partner using your right foot first.
- 2nd player should stop ball by trapping it before returning with a pass.
- Complete 15 passes using the right foot,
- then complete another 15 using the left foot.



2 Activity 2 - Showing the way

- Ask a Ranger to come along and help deliver the session.
- Take part in a small-sided game to try out all your new skills.
- 7v7 maximum for 10-15 minutes.

3 Activity 3 - Goal!

- Take part in a penalty shootout, to practice shooting at a target.
- You should rotate players so everyone has a go at goalkeeping.

4 Activity 4 - Practice makes perfect

- Take part in fun practices which focus on at least 2 of the below
- Turning, passing and control
- Running with the ball, dribbling and defending
- Heading, shooting and goalkeeping

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