

Give it a Go Guides football badge

Guides
Girlguiding
Cymru



To gain your 'Give it a Go' Football badge, you will be required to take part in a 60-minute football taster session with your unit leader, a Ranger or a local coach. A coach could visit your unit or you are welcome to visit a local club.

1 Activity 1 - Demonstrate the following

1. Suitable warm up and cool down exercises for the upper, middle & lower body
2. Which part of the foot is used to kick a football
3. Create an exercise circuit that incorporates generic movements (agility, coordination & balance).
4. Passing & Receiving drills- 20 passes on both right and left foot
5. The ability to dribble a football in a straight line, around cones & past a defender
6. Basic throw-in technique
7. How to complete a goal kick- both high and long distance.
8. How to volley a ball
9. Score a goal

2 Activity 2 - Club visit

- Go to your local Huddle club and attend a session



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.
- Progress by introducing corner kicks or free kicks

4 Activity 4 - Competition

- Take part in a football match or competition. Could be as an individual or as a unit at an event.



[Click here to
buy badge](#)

