

# Give it a Go Rainbows football badge



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 and join in with a Huddle session. You should take part in a warm-up and cool down activity before and after the session.

## 1 Activity 1 - Treasure chest

Working alone, in pairs or small groups – players start in their 'home corner' of a large space 'garden'. Place several balls (the treasure) into the middle of the 'garden'. One player moves at a time from each corner, collects a ball using their feet and dribbles it back to their corner. Continue until all pieces of treasure have gone.

## 2 Activity 2 - Coconut smash

Working in pairs- you need 2 balls, then find space & place a cone in your area and put a ball on top. Take 5-10 big steps back so you are now facing your partner. The first player should kick their football at the cone and try to knock the coconut (ball) off the cone. If you succeed you get a point, then your partner has a go. Repeat until you've both scored 5-10 times.



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