

# Give it a Go Rangers football badge



To gain your 'Give it a Go' Football badge you must complete the following either with the help from your leader or from a local football coach...

**1**

## Activity 1 - Identify the rules in football.

- Use google to create a sheet that explains the rules.



**2**

## Activity 2 - Warm it up

- Identify the importance of warming up and cooling down before taking part in exercise.

**3**

## Activity 3 - Complete a circuit that targets the fundamental skills needed in football such as:

- Agility
- Dodging
- Fast-feet
- Changing direction at speed
- Jumping etc.



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**4**

## Activity 4 - Demo

- Demonstrate competence in passing a football with correct technique.
- Demonstrate competence in dribbling a ball around defenders and scoring a goal.

**5**

## Activity 5 - Round robin

- Organise a round-robin tournament with another unit.
- Complete small-sided games, and rotate after a 15-minute playing period.

**6**

## Activity 6 - Pass it on

- Volunteer at your local rainbows, brownies and guides unit for one hour (3 hours total) to help deliver the 'Give it a Go' football badge.