



WALKING FOOTBALL

ACTIVITY GUIDE





WALKING FOOTBALL

A NATIONAL PROGRAM IN PARTNERSHIP WITH ACTIVE AGEING AUSTRALIA AND MEMBER FEDERATIONS OFFERING A SOCIAL, SMALL-SIDED & SUSTAINABLE VERSION OF FOOTBALL SPECIFICALLY MODIFIED FOR OLDER AUSTRALIANS, IN METROPOLITAN, REGIONAL & REMOTE LOCATIONS.

The program focuses on passing rather than speed/running; flexible with its formats and accessible to the community and prospective players. It is low-impact, team-based exercise, utilising the defined 'Walking Football Rules and Formats' providing physical & mental health benefits, social connectedness and promotion of the benefits of ongoing physical activity. Delivered through the Hub format, the Walking Football Program ensures the environment is inclusive, fun, engaging for both new and returning players.

This Walking Football Activity Guide contains activities which have been included to add value to the program, improving participants' physical health, mental wellbeing and social connections. Activities cater for a small-sided, low-impact, modified version of the game, suitable for all levels of ability and fitness, from people who are returning to sport after a break or those who've never played before.

Sessions for different group sizes and playing options offer an appropriate ideas to meet the needs of a variety of participants and groups, ensuring the Hubs are inclusive, fun, engaging for both new and returning players

TESTIMONIALS



"It's football but it's slowed right down on a smaller pitch and with people who are there for the same reasons as you. When you get out there and try it, you'll get the bug for it and you'll want to play too! I thought I might meet people and get friendly and talk about football at football, but I didn't think we would take it beyond the football pitch. We've taken it into our social lives and seen each other outside of football, it's superb!"

BOB KERR

Brisbane Walking Football Player



"Socially I've met good people who either love the sport and have played competitively in the past or, who enjoy fitness and a community connection. First timers learn from the better players. We have a lot of laughs and look forward to our weekly games. I can do an extra 3000 steps in an otherwise sedentary day!"

JUDITH HANDEL

NWSF Walking Football Player



"My first ever game of football at 62 years old. Just love the format and social side of playing with and against great people. LOVE IT!!"

GREG BUCK, 62

Brisbane Walking Football Player

"Walking Football has given a lot of people and opportunity to play forever, it literally is Forever Football, there is no reason I will ever stop playing this game"

LEE PEPPER

NWSF Walking Football Player



"Had my first game on Sunday. Great friendly people. It may be called Walking Football, but you have to try it a total workout. Great for aerobics and balance."

GEOFF STEADMAN, 70

Brisbane Walking Football Player

"After years of not being playing, its just marvelous being involved and keeping active. What a great idea!"

GORDON WILSON, 67

Brisbane Walking Football Player



"Walking Football is so much fun! If I had known about this sooner I would have been playing 5 years ago, it's a really great way to stay in the game"

RICHARD DAVIES

NWSF Walking Football Player

"My football career came to end with knee trouble and an eventual knee replacement. Walking Football has given me the opportunity to continue playing in my 60's and hopefully later. I have met new friends, encouraged others to join and improved my health and well being. We play mixed and I enjoy encouraging and helping others improve their game. It can cater for all abilities and gives the opportunity to hang out together after the game."

GORDON BROMHEAD

NWSF Walking Football Player



"In just 12 months NWSF have seen 50 people return to playing the game they love, Over 20 people have played for the first time and a number of others who will now continue to play because Walking Football. The game of football is constantly developing and changing to facilitate all levels of capabilities, Walking Football is just another fantastic example of why football is Australia's Largest Participated sport."

NIKKI RIDDLE

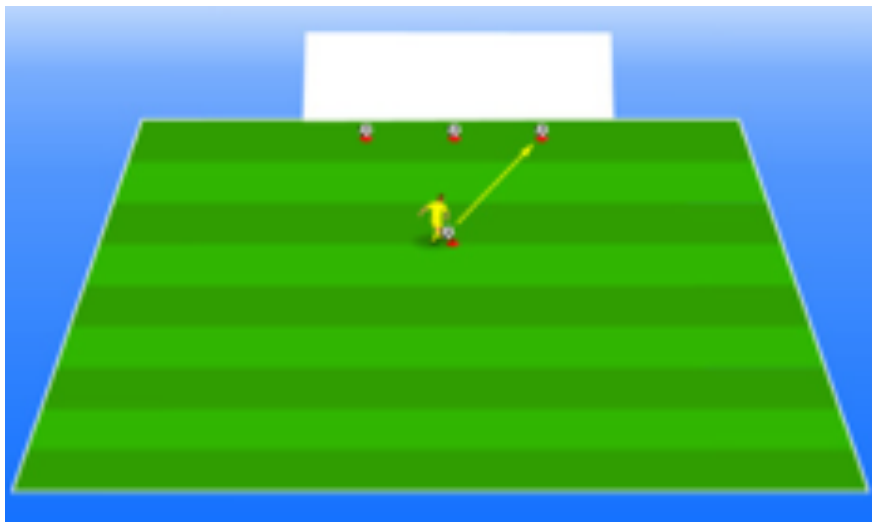
North West Sydney Football Competitions Coordinator



INDIVIDUAL **ACTIVITIES**

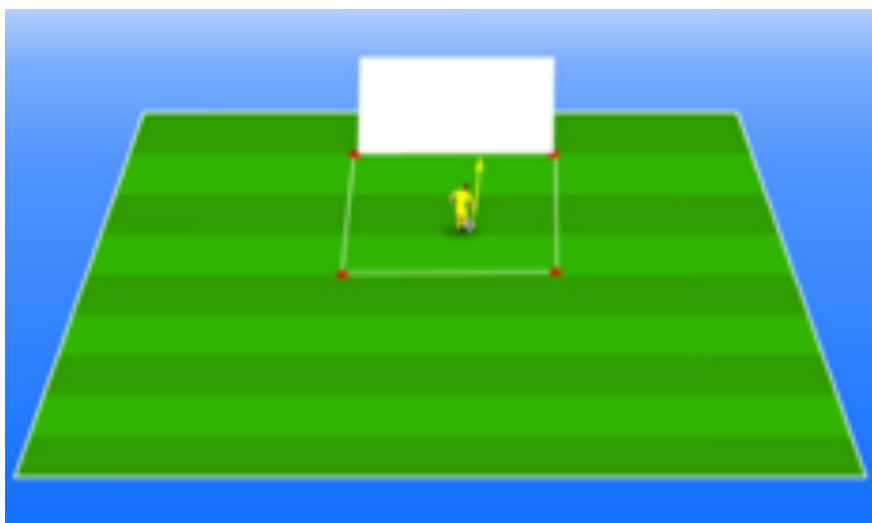
INDIVIDUAL-BASED ACTIVITIES

Suggested equipment list: 5 cones, 4 balls, 1 portable goal



Activity: Knock It Off

- Place balls on top of cones near a wall (don't have to chase balls)
- Player will attempt to pass the ball and knock the balls off the cones in as little attempts as possible
- Players counts number of times they attempt to hit all of the balls off the cones
- Once player has knocked off all the balls, sequence repeats and player will attempt to get a lower score
- **CHALLENGE:** Alter the distance player is passing the ball from



Activity: Hit It

- Create a small area around a wall
- Player will pass the ball against the wall (in the air or on the ground) and attempt to complete as many consecutive passes against the wall as possible without ball going out of the area
- Players receive 1 point each time ball is kicked against the wall
- If ball goes out of area, sequence repeats and player attempts to beat their previous score
- **CHALLENGE:** Implement a touch limit per pass (e.g. one-touch)

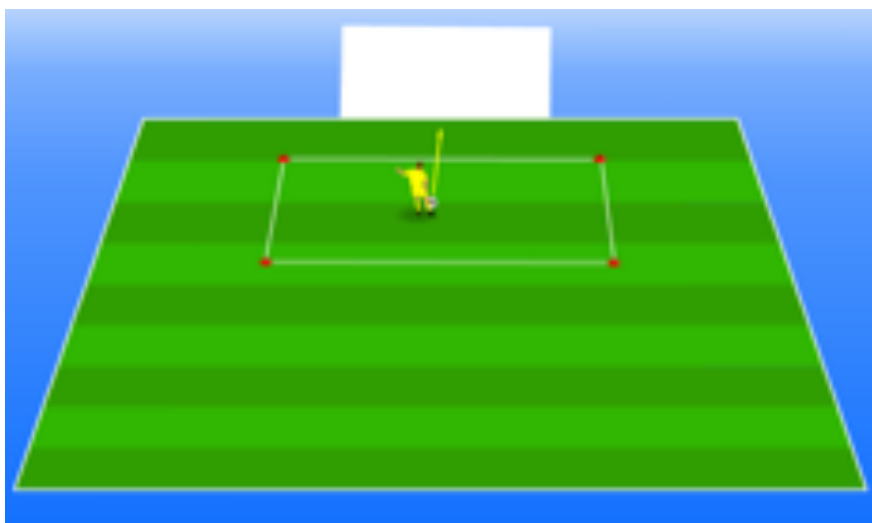
INDIVIDUAL-BASED ACTIVITIES

Suggested equipment list: 5 cones, 4 balls, 1 portable goal



Activity: Corners

- Place two cones to mark out either corner of the goal
- Player will attempt to shoot the ball into the corners of the goal (as marked by cones) as many times as possible from a total of 4 kicks
- Player receives 1 point each time the ball is kicked into the corners
- Alter the distance player stands away from the goal based on ability
- Once all balls are shot at goal, repeat sequence and player attempts to beat their previous score
- **CHALLENGE:** Make corners of the goal smaller

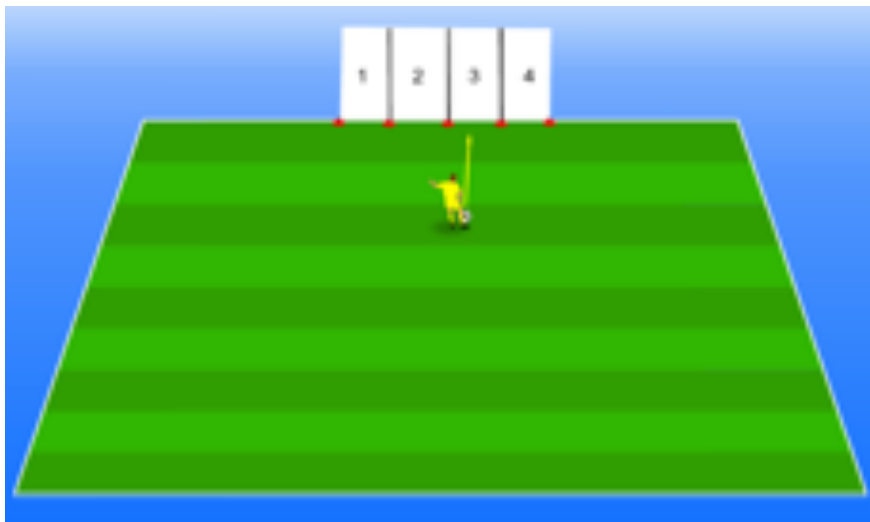


Activity: Bounce Back

- Create a small area close to a wall
- Player will attempt to kick the ball against the wall and have the ball come back and land in the area
- Alter distance of area from wall based on ability
- Player receives 1 point each time the ball bounces back inside the area on the first bounce
- If the ball does not bounce inside area, score resets and sequence repeats with player attempting to beat previous score
- **CHALLENGE:** Increase distance area is away from wall

INDIVIDUAL-BASED ACTIVITIES

Suggested equipment list: 5 cones, 4 balls, 1 portable goal



Activity: Hit the Target

- Split up wall into four targets/areas (marked by cones)
- Player will attempt to pass the ball against the wall in a certain sequence (i.e. 1-2-3-4, 1-3-2-4 etc.)
- Player receives 1 point each time they successfully pass the ball against the wall in a pre-determined sequence
- Alter distance player is standing from wall based on ability
- **CHALLENGE:** Decrease size of targets/areas

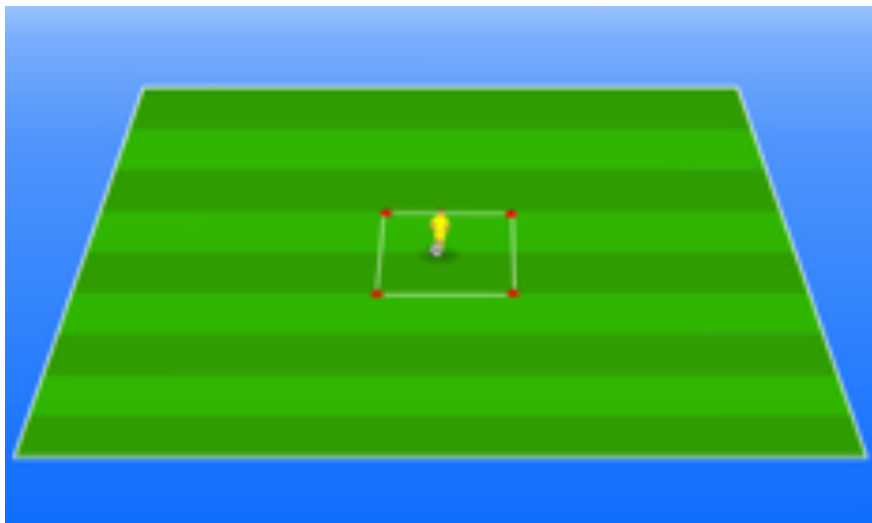


Activity: Get Around Them

- Place a set of cones down in a straight line leading to a goal
- Player will start with all the balls at one end and attempt to individually dribble the balls around the cones to score in goal
- Consider the distance between two cones based on ability
- Player will receive 1 point each time they dribble successfully around cones and score a goal without the ball touching the cones
- **CHALLENGE:** Decrease distance between cones

INDIVIDUAL-BASED ACTIVITIES

Suggested equipment list: 5 cones, 4 balls, 1 portable goal



Activity: Juggling

- Create a small area for player to juggle within
- Player will attempt to keep the ball up for as long as possible within area created and without the ball touching the ground
- Consider allowing for a certain number of bounces in between each kick (e.g. 1 bounce allowed per juggle)
- **CHALLENGE:** Player alternate side of body they are juggling with on each kick (e.g. left -> right -> left -> right etc.)



SMALL GROUP **ACTIVITIES**

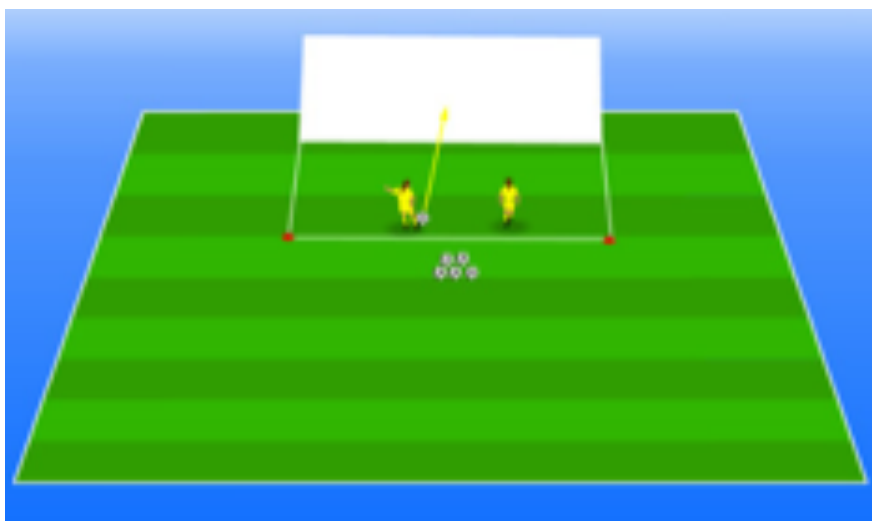
SMALL GROUP ACTIVITIES

Suggested equipment list: 10 cones, 6 balls, 2 portable goals



Activity: Shootout

- Place a marker 6 metres away from goal (guide only)
- Player/s will attempt to shoot and score in goal past the goalkeeper with each goal worth 1 point
- The goalkeeper will attempt to save the shots to receive 1 point
- After all the balls have been shot, players rotate roles and sequence repeats with a new goalkeeper
- **CHALLENGE:** Increase distance players shoot away from goals



Activity: Wall Ball

- Create a marked area around a wall
- Players attempt to pass the ball against the wall and prevent the ball from going out of the marked area
- Players receive 1 point for each time ball is kicked against the wall
- Determine number of bounces allowed per kick based on ability
- **CHALLENGE:** decrease size of area or number of bounces allowed

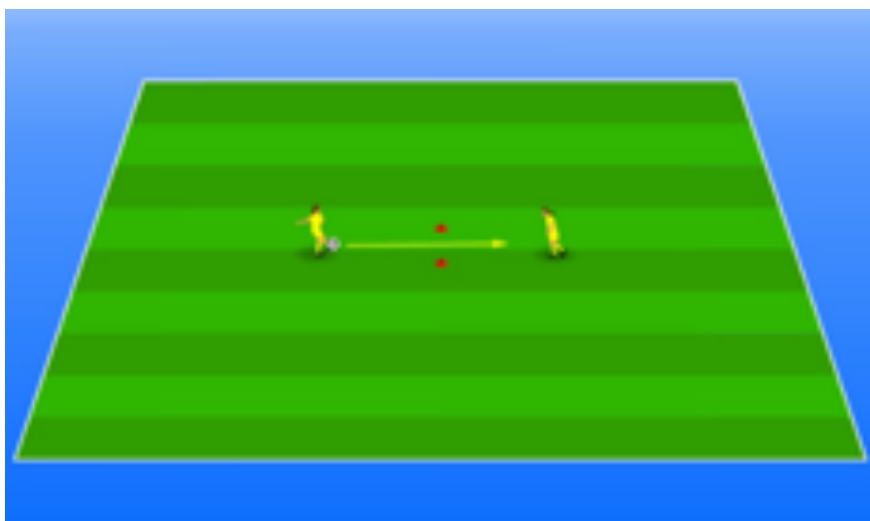
SMALL GROUP ACTIVITIES

Suggested equipment list: 10 cones, 6 balls, 2 portable goals



Activity: In the Mixer

- Create an area as shown a small distance away from goal
- Player will pass/cross the ball into other player in the middle area who will shoot and attempt to score in the corners of goal
- Group receives 1 point for every goal scored
- Group receives 3 points if a goal is scored in the corners
- Alter distance away from goal based on ability
- **CHALLENGE:** Decrease size of corners (as marked by cones)



Activity: Kick It Through

- Place two cones apart to create a gate (size = ability-specific)
- Players stand either side of the gate and will attempt to pass the ball through the gate as many times as possible
- Players receive 1 point each time ball is kicked through the gate
- Alter distance players stand away from gate based on ability
- If ball does not go through the gate, sequence repeats and players will attempt to beat their previous score
- **CHALLENGE:** Limit touches allowed per pass attempt

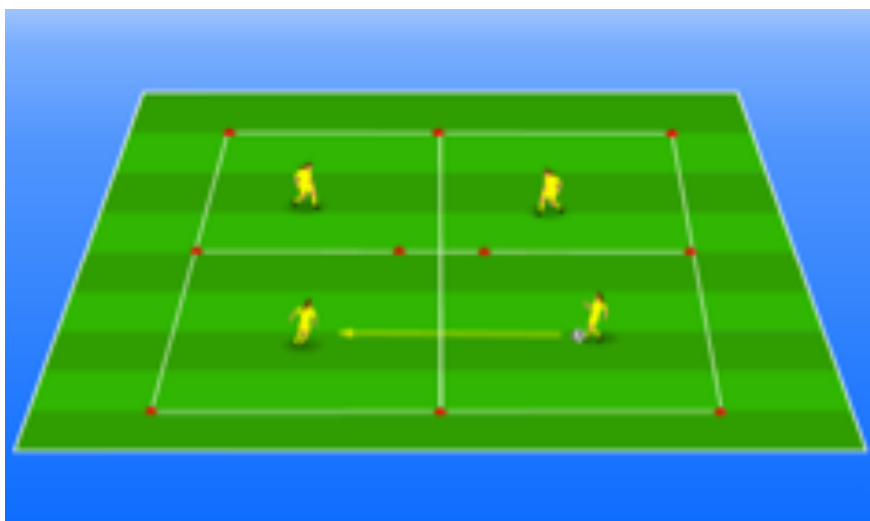
SMALL GROUP ACTIVITIES

Suggested equipment list: 10 cones, 6 balls, 2 portable goals



Activity: Set It Up

- Create small areas as shown with a goal at one end
- Group will start with all the balls at one end and player will set up other player to take a shot and attempt to score past goalkeeper
- Group receive 1 point each time a goal is scored
- Consider distance between areas and goal based on ability
- Goalkeeper will attempt to save shots to receive 1 point
- Once all the balls have been shot, rotate players through positions (including goalkeeper) after each sequence
- **CHALLENGE:** Introduce touch-limit (i.e. two touch)



Activity: Give and Go

- Create four small areas as shown
- Players will pass the ball around the four areas with players having to move to a different area each time they pass the ball
- Group receives 1 point each time a successful pass is made
- Group receives 3 points each time the ball is successfully passed through the centre gate (as marked by cones)
- If a player receives a ball in the same area or ball goes out of the area, sequence repeats and group attempt to beat previous score
- **CHALLENGE:** Introduce two balls or a touch-limit

SMALL GROUP ACTIVITIES

Suggested equipment list: 10 cones, 6 balls, 2 portable goals



Activity: Score

- Split players into two halves with goalkeepers in each goal
- All the balls will start in the middle and players will attempt to get the balls and score in goals past the goalkeepers
- Group awarded 1 point for scoring in the centre of goals
- Group awarded 3 points for scoring in corner of goals (as marked by cones)
- Once all balls are out of the middle, number of points is recorded and sequence repeats. Attempt to increase score on next attempt
- Rotate player roles frequently (i.e. change goalkeepers)
- **CHALLENGE:** Decrease size of corners in goals

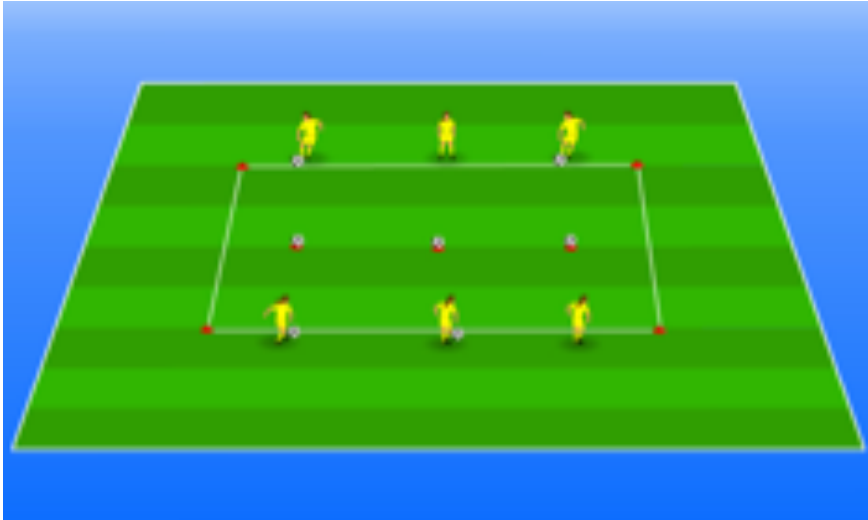


Activity: Pass It Around

- Create an area with all the players in the middle and number off players
- Players will move and pass the ball around within the area in a designated sequence. Sequences may include:
- Passing in sequence 1-6
- Odds then evens 1-3-5-2-4-6
- Call of a player's number by coach
- Group receives 1 point each time a successful pass is made and will attempt to beat score in next attempt/sequence
- **CHALLENGE:** Limit number of touchers per possession (i.e. one touch)

SMALL GROUP ACTIVITIES

Suggested equipment list: 10 cones, 6 balls, 2 portable goals



Activity: Knock Over

- Create a small area with players positioned on the outside of the area
- Players attempt to pass the ball and knock over balls that are placed on top of cones around the area in as little attempts as possible
- Consider adding in more balls to area based on equipment you possess
- Record the number of attempts it takes group to knock over all the balls that are on top of cones. Attempt to lower score on next attempt.
- **CHALLENGE:** Increase size of area and position cones further away



Activity: Game

- Create a 15x15m area (guide only)
- Split players into two teams
- Normal game with Walking Football rules
- Teams awarded 1 point for a goal
- Rotate players in teams frequently (i.e. change teams)

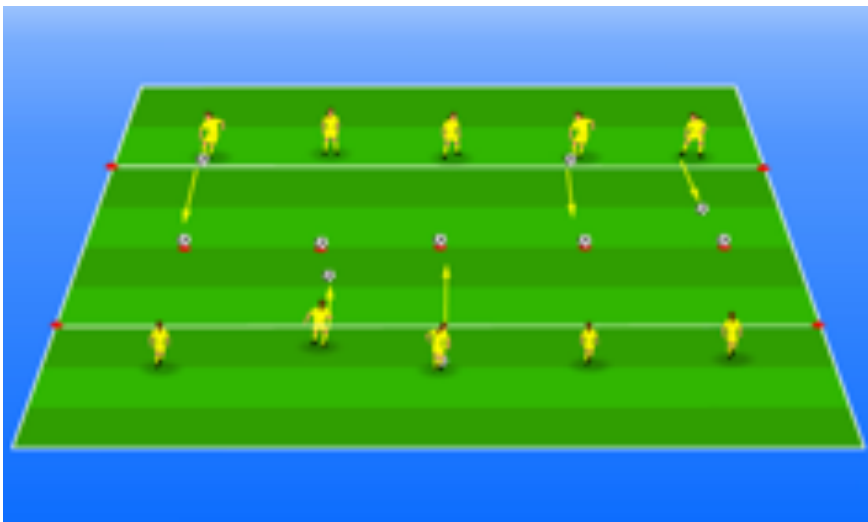


LARGE GROUP **ACTIVITIES**



LARGE GROUP ACTIVITIES

Suggested equipment list: 6 cones, 10 balls, 2 portable goals



Activity: Knock It Off

- Place balls on top of cones in the middle of a small area
- Players will stand on the outside of the area and attempt to knock the balls off the cones with a pass
- Players can attempt to knock ANY balls off the cones and group works together to knock all the balls off
- Set a timer to record how long it takes for all the balls to be knocked off the cones, and attempt to lower time in next sequence
- **CHALLENGE:** Increase distance players pass the ball from

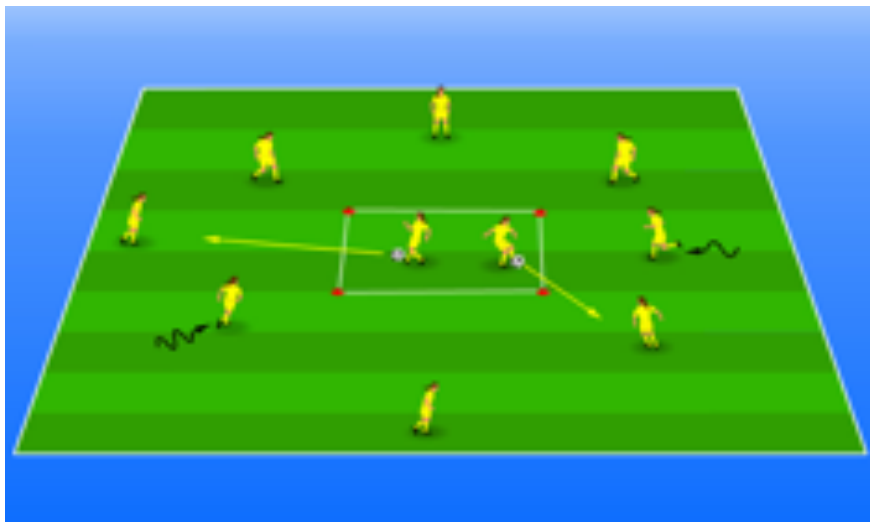


Activity: Dribble Through

- Create an area approximately 25x25m (guide-only)
- Each player has a ball and will dribble around within the area attempting to dribble through gates (as marked by cones)
- Group receives 1 point every time a player dribbles through gate
- Each sequence lasts 2 minutes where group tallies total score, and will attempt to beat their score in the next sequence
- Consider size of area and size of gates based on ability
- **CHALLENGE:** Decrease area size or size of gates

LARGE GROUP ACTIVITIES

Suggested equipment list: 6 cones, 10 balls, 2 portable goals



Activity: Move It Around

- Create a small area (approximately 10x10m) with players positioned in a circle surrounding the small area
- Balls will start with players on opposite sides of the outside circle who will pass the balls into one of two players in area
- Once players pass the ball into central player, they rotate into the area as the central player passes to next player in circle
- Group receives 1 point when each player touches the ball
- **CHALLENGE:** Implement a touch-limit (e.g. two-touch)



Activity: Game

- Split players into two teams
- Normal game with Walking Football rules
- Teams awarded 1 point for a goal
- Teams awarded 3 points if every player touches the ball in build-up
- Rotate goalkeepers frequently

