



How Freestyle Football Workshops are COVID-19 Friendly

Prior to the COVID pandemic, our workshops were already naturally socially distanced. This was mostly due to the sport of freestyle football being a generally individualist sport. However, with the health of the children we teach being of the upmost importance, we have gone too extra lengths to ensure social distancing & proper hygiene at all times. To help paint a picture of how we are COVID 19 safe, let us explain how a typical 30 minute workshop is carried out at a school.



Typical structure and layout of Freestyle Football Workshops

- Each child comes into the hall, collects their football and finds their own individual spot (at least 2m distance from anyone).
- They stay in this spot for the entirety of the workshop.
- The freestyler starts the workshop with a brief chat about their career and what they've achieved and then performs a 5 minute freestyle routine at the front of the hall.
- The freestyler then proceeds to teach the first freestyle trick.
- The children then spends 2-3 minutes attempting the trick in their spot.
- A child is then selected to demonstrate the trick in front of the class in their spot.
- This is repeated for anywhere between 5 - 10 tricks.
- The workshop finishes with a Q&A with the freestyler.
- The children then finish the workshop by leaving their football in their spot and leave the hall.



Important Points

- The children remain in their allocated spot in the hall at all times.
- The children only use the football allocated to them at the start of the workshop
- All tricks selected to be taught are tricks which don't require any hands on help from the freestyler.
- Trick examples include : The Rocket Launcher, Reverse Rocket Launcher, Around The World, Neck Stall, Neck Flick, Blind Heel, Shoulder Stall, Eye Stall, Sit Down Juggling, Finger Spin.
- Essentially, all of the tricks we teach to primary children can be attempted alone therefore minimising transmission from freestyler to child or child to child.
- The freestyler brings none of the equipment needed for the workshop (other than his own football). We ask the schools to provide the footballs.
- The workshops can be both indoors & outdoors
- After each workshop each football gets a deep clean ahead of the next workshop.

