

TABLE SOCCER PEDAGOGIC GUIDE

12 GAMES

57 TUTORIALS

5 TRAINING LEVELS



TABLE SOCCER LEARNING GUIDE PREAMBULE



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**Translation made by ITSF
Education commission**

This guide was created in August 2014 by the Training Commission of the FFFT (Federation Francaise de Football de Table): Damien Benneteau, Alexandre Berlemont, Cedric Got, Brice Harpin and Noureddine Houcine.

This booklet contains a set of guidance and exercises that have been created by a group of the FFFT Training Commission, for new trainers of table soccer.

The goal of this guide is to provide an opportunity for trainers to acquire skills for practising and teaching table soccer.

The step by step guide and variety of the 57 educational games within should enable trainers to both interest and improve the skills of their participants, be they beginners or players accustomed to practising this sport.

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DEFINITIONS

To Begin :

We call the person playing or practicing table soccer a 'fooser', and we call the figurine on the rods of the table soccer table a 'player'.

Name for the rods :

From left to right (from home goal to opponent's goal)

- *Goalie: rod with 1 player on*
- *2-bar: rod with 2 players on*
- *Defence: 2-bar and goalie*
- *5-bar: rod with 5 players on*
- *3-bar (attackers): rod with 3 players on it*

Name of the player figures :

Always start from the player figure closest to the fooser. The first number is for the rod and the second number is for the player figure.

- The Goalie: player figure no.1
- 2-bar: player figure no.2-1 and 2-2
- 5-bar: player figure no.5-1, 5-2, 5-3, 5-4, 5-5
- 3-bar: player figure no. 3-1,3-2, 3-3

Movement within the playing area :

- The words Left and Right are often used in this guide referring to the direction the attack.
- The Wall corresponds to the playing area down the side of the table nearest to the fooser
- The far Wall is corresponding to playing area down the side of the table nearest to the opponent
- "Les bois" corresponds to the playing area next to the goals.



Definitions of words used :

- **Fooser:** person playing table soccer (foosball, table football)
- **Player figure:** figurine on the rods of the table soccer table
- **Rod :** metal rod that connects the two sides of the table football table and on which there are the fixed player figures.
- **Handles :** end of the rod which is held that allows the fooser to move the rod and player figures.
- **Goal :** space at each end of the table into which the ball must be shot in order to score a goal.
- **Push shot :** when a rod is pushed by the fooser away from their body to shoot the ball.
- **Pull shot:** when a rod is pulled by the fooser towards their body to shoot the ball.
- **Straight:** when the ball is stationary when the shot is executed
- **Push cutback:** push shot when the ball finishes in the opposite part of the goal (the shot is crossed towards the fooser).
- **Pull cutback:** pull shot when the ball finishes in the opposite part of the goal (the shot is crossed away from the fooser).
- **Push cutback:** push shot when the ball finishes in the opposite part of the goal (the shot is crossed towards the opponent).
- **Pull cutback:** pull shot when the ball finishes in the opposite part of the goal (the shot is crossed towards the fooser).
- **Long push:** push shot moving the rod a long way away from the fooser (shooting the ball to the far corner of the goal) with a straight shot.
- **Long pull:** pull shot moving the rod a long way towards the fooser (shooting the ball to the near corner of the goal) with a straight shot.

TABLE TERMINOLOGY



NOTE

to avoid any confusion, we use the term foosser to mean the person playing, and player figure for the figurine on the rod.



Close up view of a telescopic rod



Internal Rod



External Rod



Dissection of full bar



Internal Spring



Aluminium end of the tube



Metal pin



Types of handles Frequently used



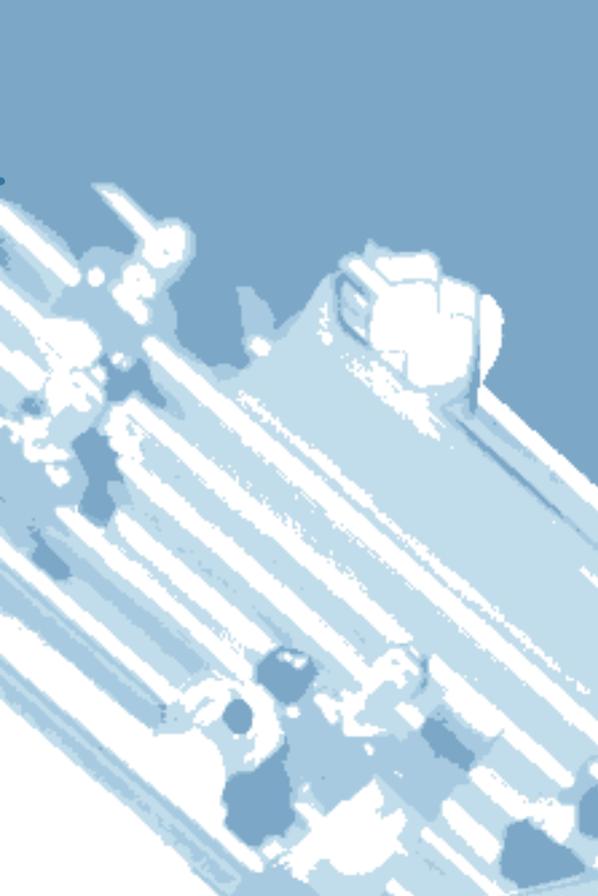
Standard



Round



American



DIFFERENT TECHNIQUES OF SHOOTING

CLOSED HAND



HISTORY

«Closed hand» shot was developed mainly in Europe and particularly with the telescopic rod tables (Sulpie, Petiot, Bonzini ...)

This shot is mostly used in France, Denmark, Czech Republic, Cameroon...

POSITIONING

The hand of foosball is usually palm down (see photo), holding the handle as one would on a moped handlebar, which allows the foosballer to get a good rotation of the rod using the wrist. Often, the hardest part is getting enough acceleration in the lateral movement of the rod to get passed the opponent.

PRINCIPLE

This shot is most often used when the ball is not moving, but can be done as well when the ball is moving. The closed hand is one of the skills that require endurance because of the fast execution as it requires high speed on the movement of the rod.

MATERIAL

- Any type of handle can be used: standard handles, long, American.
- Use a wrap in order to maintain good grip

OPEN HAND



HISTORY

This type of shot is usually used on table with non-telescopic rods, but can also be done with telescopic rods.

It is particularly used for many years by Belgium and German players.

POSITIONING

Take the handle in the palm of the hand with the hand facing upwards. The rotation of the rod and the player is made by rolling the handle in the palm of the hand, whilst also being able to move the rod sideways (see photo).

PRINCIPLE

This type of shot allows an attack with a number of advantages. There is flexibility in the movement of the rod, which masks the point of take off and it has power and precision for shooting, but it may be difficult to learn. This type of shot is usually started in the middle of the goal area.

MATERIAL

- Long-type handles , American, TST (see list)
- Grip stick, master wrap
- Glove to prevent slipping ...

SNAKE SHOT



HISTORY

Shooting technique often used in the United States of America. It is now the most common shooting technique used all over the world by most of the players.

POSITIONING

By convention, to execute the «snake », it must be positioned inside the wrist against the right side of the handle (with the forearm perpendicular to the rod) to obtain a feeling of rolling the handle. (See photo). Starting position is generally in the middle of the goal because it is very difficult to move from one side to the other.

PRINCIPLE

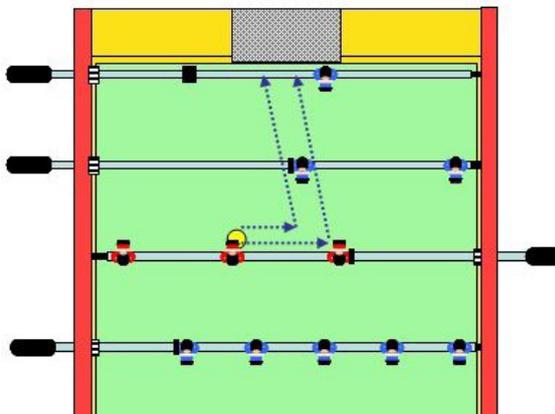
The principle is to execute a controlled spin whilst also being able to move the ball laterally.

Learning is fairly easy. The snake is used on all tables of the world on both tables with telescopic rods and non-telescopic rods.

MATERIAL

- Long- type handles, special handles for snake, « TST » or « Snake Bonzini » see « and French American . (see photos)
- Grip stick , master wrap , finger cot or bicycle inner tube almost mandatory in order not to slip .
- Wrist protection (Velcro wrist support)

PULL SHOT & PUSH SHOT



HISTORY

Shooting technique created in the United States of America but has spread around the world. The best players in the world use this kind of shooting on all table types, both telescopic rods and non-telescopic rods.

POSITIONING

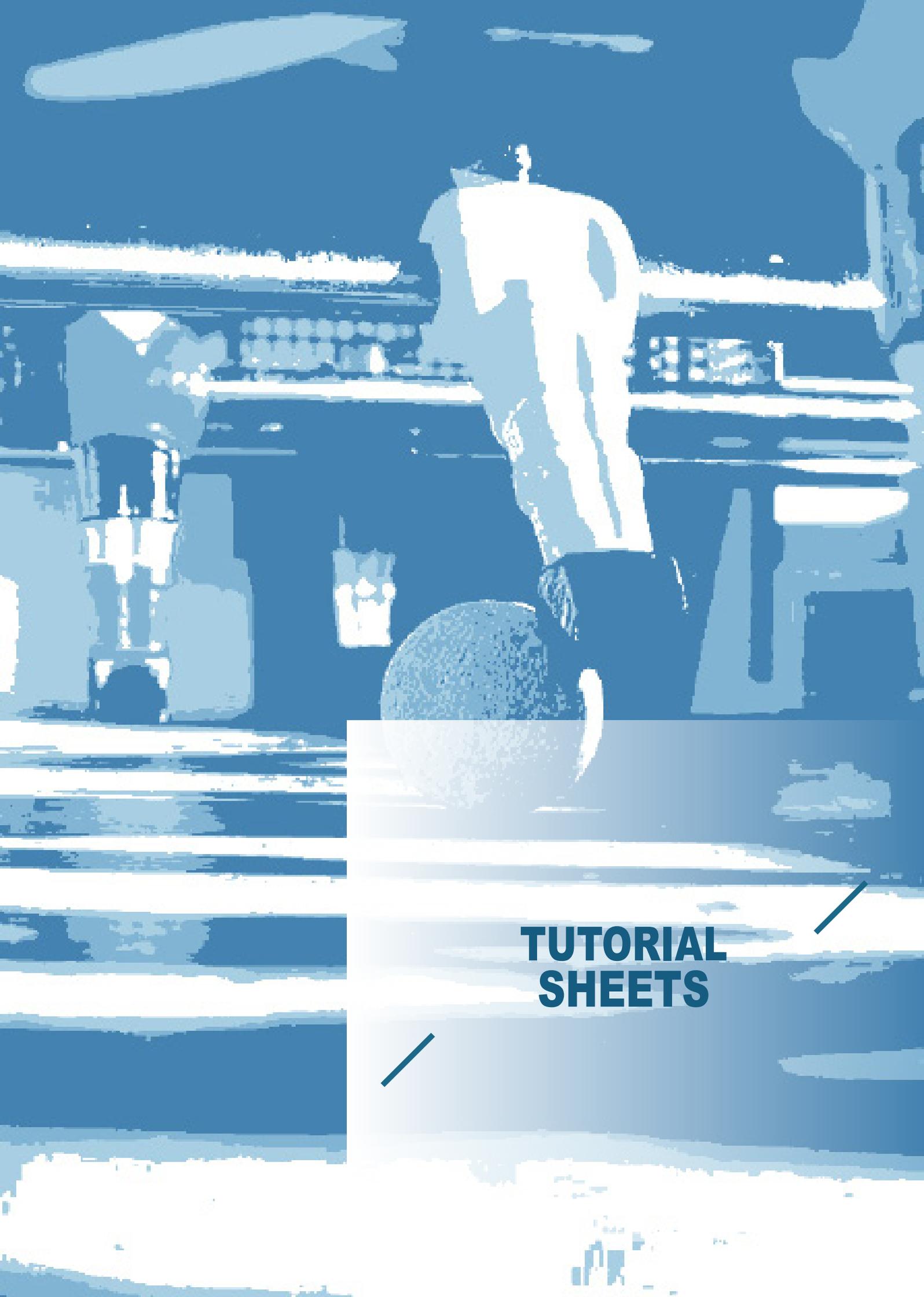
- The Pull Shot = Shooting towards the fooser
- Push Shot = Shooting away from the fooser (towards the opponent)
- The ball is placed on the player figure's side without touching it (1mm)
- The hand of the fooser is a closed hand, palm facing the floor.

PRINCIPLE

The principle of this shot is to pull or push the rod to move the ball with the side of the player and then go behind the ball before shooting. Learning can take a long time especially on the coordination of movements because the execution needs to be smooth in the same action. Start learning with the ball not moving at first before you start making shots by moving the ball.

MATERIAL

Any type of handle can be used to perform this shot but can be helpful to test initially with the American one.

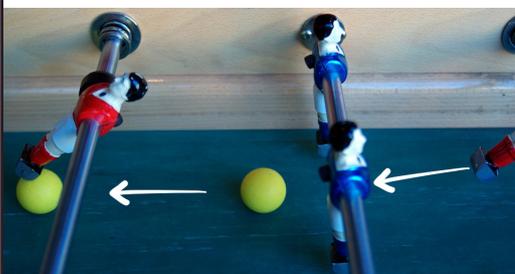


TUTORIAL SHEETS

STEP 1 CATCHING THE BALL

Level 1

1a / Be able to catch a passing ball

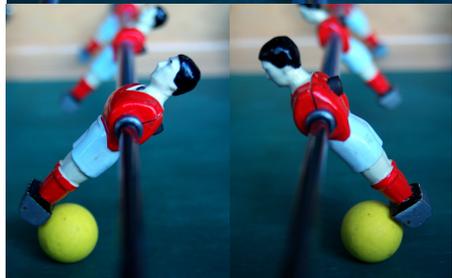


To succeed I must ...

- Position myself keeping the back straight, standing solidly balanced on the ground.
- Stand at a distance of a forearm from the table.
- Tilt the player figure in the direction of the passing ball to catch it.
- Move the rod by having the player figures always tilted at the height of the ball..
- Move the rod and my body position in order to make it easier to catch the ball.

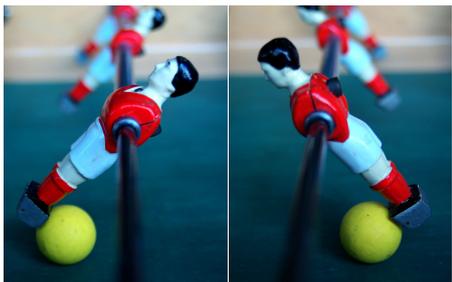
Level 2

2a / Be able to catch the ball in a front pin and a back pin at slow speed.



- Position myself keeping the back straight, and solidly balanced on the ground.
- Move the rod by having the player figures always tilted at the height of the ball.
- Shift from a « front pin » position to a « back pin » position, pull or push the rod while rotating my wrist inward. Those two gestures are to be performed in the same move.
- Slowly move the rod sideways by adapting the position of the fooser's stance.
- Not forget to keep the player figures tilted in order to stop the ball.

2b / Be able to catch and control the ball from the back pin to the front pin at slow speed.



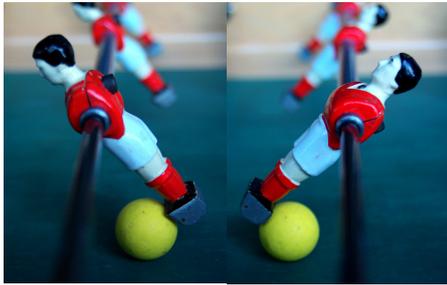
- Take the handle of the concerned rod preferably with the palm of the hand up.
- Move the rod by having the player figures always tilted at the height of the ball
- Shift from a « back pin » position to a « front pin » position, pull or push the rod while rotating my wrist outward. Those two gestures are to be performed in the same move.
- Not forget to keep the player figures tilted in order to stop the ball.

To succeed I must ...

2c / Be able to catch and control the ball from front pin to back pin at high speed.

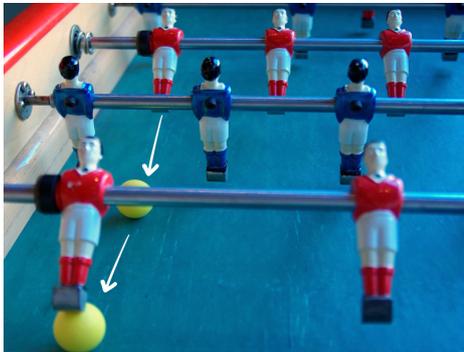
- Shift from a « front pin » position to a « back pin » position more quickly, pull or push the rod while rotating my wrist inward. .
- Those two gestures are to be performed in the same move while increasing the pressure of the player on the ball..
- Quickly move the rod sideways by adapting the position of the fooser's stancee.
- Not forget to keep the player figures tilted in order to stop the ball.

2d / Be able to catch and control the ball from back pin to front pin at high speed



- Take the handle of the concerned rod preferably with the palm of the hand up.
- Shift from a « back pin » position to a « front pin » position more quickly, pull or push the rod while rotating my wrist outward
- Those two gestures are to be performed in the same move while increasing the pressure of the player figure on the ball.
- Tilt the player figure in the direction of the passing ball to catch it.

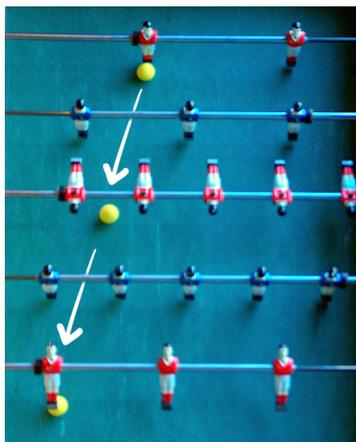
2e / Be able to catch and control a ball from the 5-rod to the 3-rod.



- Set the ball next to the player figure on the 5-rod who will move the ball to the player figure who will make the pass to the 3-rod. (Preferably pass along the wall)
- Pull the 3-rod to its maximum towards the closest wall and tilt the player figures to the height of the ball, ready to receive it..
- Pull the 5-rod slowly (with little intensity because of the short distance to go) in order to make the ball roll towards the player who will perform the pass..
- The forward player must not move in order to catch the ball.

Variation : this exercise can be executed by pushing the rods instead of pulling them

2f / Be able to catch and control a ball coming from the 2-rod to the 3-rod.



- Set the 3-rod to the opposite wall and tilt the player figures to the height of the ball ready to receive it. Perform a push shot that will make th
 - Perform a push shot that will make the ball roll to the wall in order to catch it with the forward player Control the ball from a « front pin » position with the 2-rod player figure who will perform the pass without needing to change to another player. (« wall » pass).
 - The forward player figure must not move in order to catch the ball (it stays tilted).
- Variation : this exercise can be executed by pulling the rods instead of pushing them..*

STEP 2 MOVING THE BALL

Level 1

1a / Be able to move the ball under one player figure using the « front pin » position (for a short distance laterally).



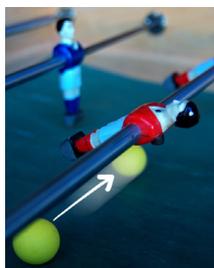
1b / Be able to move the ball under one player figure using the « front pin » position (for a slightly longer distance).



1c / Be able to move the ball using the « front pin » position, with the player figure being lifted off the ball when moving it (for a short distance).



1d / Be able to move the ball using the « front pin » position, with the player figure being lifted off the ball when moving it (for a long distance).



To succeed I must ...

- Set up the end of the feet of the player figure on the middle of the ball. To set the ball into the right position (middle of the ball), tap it quickly if it is too far back. If it is slipping forward, make small movements laterally with the rod.
- When moving the ball sideways under one player figure, it is better to work use short movements in order to keep control.
- The player figure is almost always touching the ball.

- Set up the player figure on the side of the ball using the « front pin » position in order to get a bigger contact area (on the right side to perform a push shot, on the left side to perform a pull shot).
- Move the rod while pressing a little bit more on the ball (always with more frequency than force).
- The player figure is almost always touching the ball.
Variation : Perform a series of movements by pushing rod and pulling the rod.

- Put the end of the feet of the player figure on the top of the ball in the middle.
- Push the rod then pull the rod while pressing on the ball, then follow the movement (balancing the rate between frequency and force).
- The contact between the player figure and the ball is shorter than when less pressure is applied.

- Put the feet of the player figure on the top of the ball in the middle, slightly to the right (in order to perform push shots) or slightly left (in order to perform pull shots).
- Push the rod then pull the rod while pressing a little bit more on the ball then follow the movement towards the direction you want to give (balancing the rate between frequency and force).
- The contact between the player figure and the ball is shorter than when less pressure is applied

To succeed I must ...

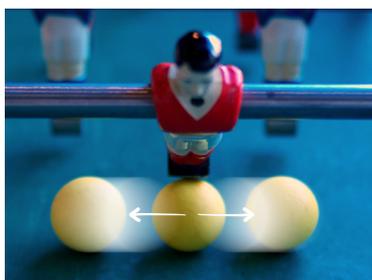
1e / Be able to move the ball from one player figure to another by keeping contact with the ball (using the « front pin » position along the same rod).



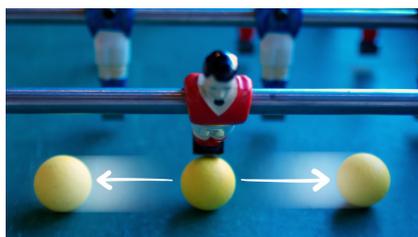
1f / Be able to move the ball from one player figure to another by taking the ball off them (using the « front pin » position along the same rod).



2a / Be able to move the ball along the same rod using the « back pin » position (for a short distance).



2b / Be able to move the ball along the same rod using the « back pin » position (for a longer distance).



- Before moving the ball, visualize the common area where both player figures could reach the ball, this will be the passing area.
- Using the « front pin » position, the movement of the ball must start before this area, the passing of the ball will be done inside the area, and the player figure who receives the ball will allow the ball to go out of it.
- Use the moving techniques learned previously.
- When the ball has reached the passing area, stop it with the first player figure, then take it with the other player figure.

- Using the « front pin » position, the movement of the ball must start before the area reachable by both player figures, then the ball rolls inside and the second player figure must take the ball when going off the area.
- Push the rod then pull the rod while firmly pressing on the ball then follow the movement towards the direction you want to give (balancing the rate of frequency and force).
- The contact between the player figure and the ball is shorter than when less pressure is applied

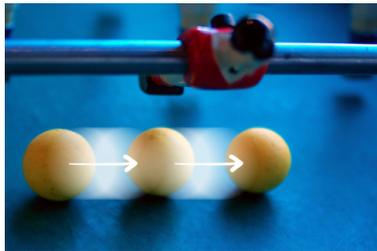
- Put the feet of the player figure on top of the ball in the middle using the techniques learned previously. Warning : the ball must be at the back of the player figure (« back pin » position).
- Push the rod then pull the rod while tapping the ball with more frequency than force.
- The player figure is almost always touching the ball

- Put the feet of the player figure on top of the ball slightly to the right (in order to perform push shots) or left (in order to perform pull shots).
- Push the rod then pull the rod while pressing a bit more on the ball (always with frequency more than force).
- The player figure is almost always touching the ball

Level 2

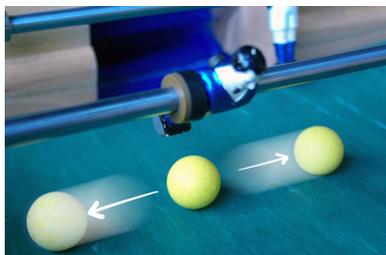
To succeed I must ...

2c / Be able to move the ball along the same rod using the « back pin » position (for a short distance). The player figure clearly leaves contact with the ball when moving it..



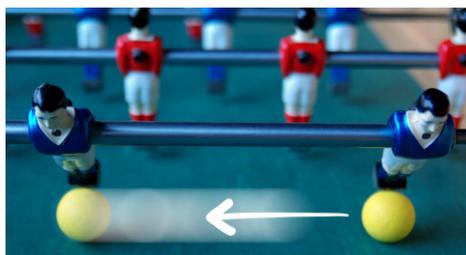
- From a « back pin » position, put the feet of the player figure on the top of the ball in the middle.
- Push the rod then pull the rod while pressing on the ball, then follow the movement (balance of the rate between frequency and force).
- The contact between the player figure and the ball is shorter than when less pressure is applied

2d / Be able to move the ball along the same rod using the « back pin » position (for a long distance).



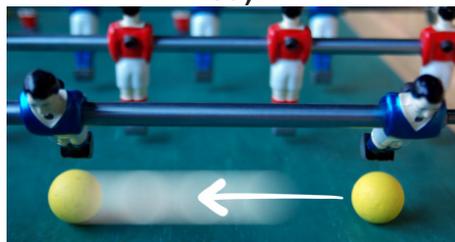
- The player figure clearly leaves contact with the ball when moving it.
- From a « back pin » position, put the feet of the player figure on top of the ball in the middle slightly to the right (in order to perform push shots) or left (in order to perform pull shots).
- Push the rod then pull the rod while pressing a little bit more on the ball then follow the movement towards the direction you want the ball to go (balance of the rate between frequency and force).
- The contact between the player figure and the ball is shorter than when less pressure is applied.

2e / Be able to move the ball from one player figure to another by keeping contact with the ball (using the « back pin » position along the same rod).



- Before moving the ball, visualize the area reachable to both player figures who are going to pass the ball between themselves.
- Using the « back pin » position, the movement of the ball must start before this area, the passing of the ball will be done inside the area, and the player figure who receives the ball will allow the ball to go out of it.
- Use the moving techniques learned previously.
- When the ball has reached the passing area, stop it, then take it with the other player figure.

2f / Be able to move the ball from one player figure to another by taking the ball off them (using the « back pin » position along the same rod).



- Using the « back pin » position, the movement of the ball must start before the area reachable by both player figures, then the ball rolls inside and the second player figure must take the ball.
- Push the rod then pull the rod while firmly pressing on the ball then follow the movement towards the direction you want the ball to go (balancing the rate between frequency and force).
- The contact between the player figure and the ball is short.

Level 3

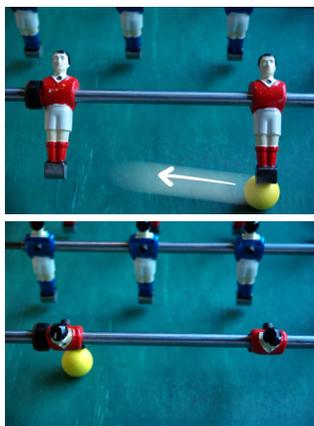
3a / Be able to move the ball from the « front pin » position to a « back pin » position (and inversely) inside one player figure area.



To succeed I must ...

- Put the feet of the player on top of the ball slightly to the right (in order to perform pull shots) or left (in order to perform push shots).
- Push or pull the rod while pressing on the ball and making a rotating movement. The player figure follows the movement to catch the ball in a back pin.
- The player figure is as often as possible in contact with the ball

3b / Be able to move the ball from the « front pin » position to a « back pin » position (and inversely) between two player figures of the same rod.



- Before moving the ball, visualize the area reachable to both player figures who are going to pass the ball between themselves. The passing of the ball will be done inside the area.
- Push or pull the rod while pressing a bit more on the ball (to be able to move it a longer distance) and making a rotating movement. The player figure follows the movement to catch the ball in a back pin
- When the ball is in the passing area, stop it then catch it with the other player figure, then begin the opposite movement..

3c / Be able to move the ball from the « front pin » position to a « back pin » position (and inversely) between three player figures of the same rod.



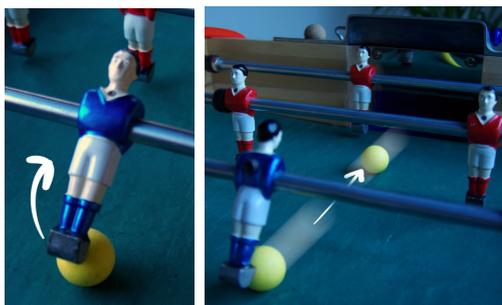
- Before moving the ball, visualize the two areas where the player figures will pass the ball between themselves.
- Push or pull the rod while pressing more on the ball (to be able to move it a longer distance) and making a rotating movement. The player figure follows the movement to catch the ball in a back pin
- When the ball is in a passing area, stop it and take it with the other player figure then begin the opposite movement. This must be done for both passing areas

ETAPE 3

TECHNIQUES FOR SHOOTING

Level 1

1a / Be consistent with the « straight » shot. Starting from the middle player figure of the 3-rod using a « front pin » position, shoot straight.



1b / Be consistent with the « straight » shot. Starting from the middle player figure of the 3-rod using a « front pin » position, angle the shot.



To succeed I must ...

- Set the ball under the middle player figure of the 3-rod, in front of the opponent's goal (use the tutorial sheets from level 1, steps 1 and 2)..
- Put the feet of the player figure on top of the ball in the middle.
- Separate the movements : lift the player figure (turn my wrist left), pull (or push) the rod to make the player figure go around the ball, go along the side of the ball (turn my wrist right), push (or pull) the rod to place the player figure behind and in the middle of the ball, then turn my wrist to shoot the ball straight..
- The speed of the last rotation of the wrist will give the power to the shot.
- The rotation of the body of the fooser, as well as standing strongly allows these movements to be preformed easily.

- Place the ball under the middle player figure of the 3-rod, in front of the opponent's goal (use the tutorial sheets from level 1, steps 1 and 2).
- Put the feet of the player figure on top of the ball in the middle.
- Separate the movements : lift the player figure (turn my wrist left), pull (or push) the rod to make the player figure go around the ball, go along the ball (turn my wrist right), push (or pull) the rod to place the player figure behind and at one side of the ball, then turn my wrist to angle the shot.
- The speed of the last rotation of the wrist will give the power to the shot.
- The rotation of the body of the fooser, as well as standing strongly allows these movements to be preformed easily.

To succeed I must ...

1c / Be consistent with the « straight » shot. Starting from the player figure at the right side of the 3-rod using a « front pin » position, shoot straight.



Set the ball under the player figure at the right side of the 3-rod, in front of the right side of the opponent's goal – meaning in a complete push shot position (use the tutorial sheets from level 1, steps 1 and 2).

Put the feet of the player figure on top of the ball in the middle.

Separate the movements : lift the player figure (turn my wrist left), pull the rod to make the player figure go around the ball, go along the side of the ball (turn my wrist right), push the rod to place the player figure behind and in the middle of the ball, then turn my wrist to shoot straight.

The speed of the last rotation of the wrist will give the power to the shot.

This shot is more readable by the opposite player because I can only pull the rod initially.

1d / Be consistent with the « straight » shot. Starting from the player figure at the right side of the 3-rod using a « front pin » position, angle the shot.



Set the ball under the player figure at the right side of the 3-rod, in front of the right side of the opponent's goal – meaning in a complete push shot position (use the tutorial sheets from level 1, steps 1 and 2).

Put the feet of the player figure on the top of the ball in the middle

Separate the movements : lift the player figure (turn my wrist left), pull the rod to make the player figure go around the ball, go along the ball (turn my wrist right), push the rod to place the player figure behind and at the right side of the ball, then turn my wrist to angle the shot.

The speed of the last rotation of the wrist will give the power to the shot.

This shot is more readable by the opposite player because I can only pull the rod initially.

1e / Be consistent with the « straight » shot. Starting from the player figure at the left side of the 3-rod using a « front pin » position, shoot straight.



Set the ball under the player figure at the left side of the 3-rod, in front of the left side of the opponent's goal – meaning in a complete pull shot position (use the tutorial sheets from level 1, steps 1 and 2).

Put the feet of the player figure on top of the ball in the middle.

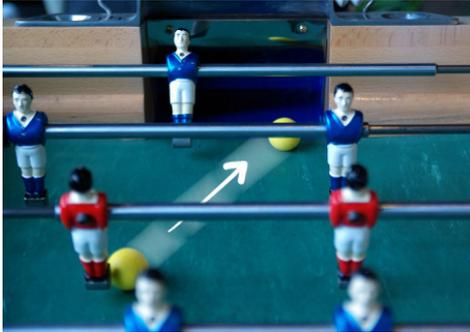
Separate the movements : lift the player figure (turn my wrist left), push the rod to make the player figure go around the ball, go along the side of the ball (turn my wrist right), pull the rod to place the player figure behind and at the middle of the ball, then turn my wrist to shoot straight.

The speed of the last rotation of the wrist will give the power to the shot.

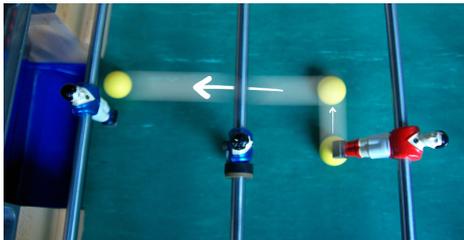
This shot is more readable by the opposite player because I can only push the rod initially.

Level 2

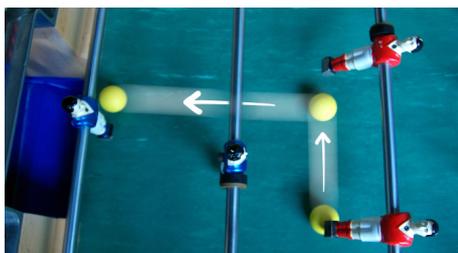
1f / Be consistent with the « straight » shot. Starting from the player figure at the left side of the 3-rod using a « front pin » position, angle the shot..



2a / Be consistent with the « pull » shots. From a « front pin » position: perform a short straight pull shot.



2b / Be consistent with the « pull » shots. From a « front pin » position: perform a long straight pull shot..



To succeed I must ...

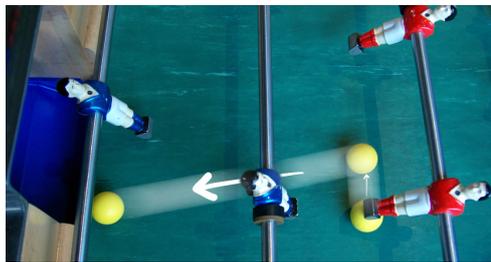
- Set the ball under the player figure at the left side of the 3-rod, in front of the left side of the opponent's goal – meaning in a complete pull shot position (use the tutorial sheets from level 1, steps 1 and 2).s).
- Put the feet of the player figure on the top of the ball in the middle.
- Separate the movements : lift the player figure (turn my wrist left), push the rod to make the player figure go around the ball, go along the the ball (turn my wrist right), pull the rod to place the player figure behind and at the left side of the ball, then turn my wrist to angle the shot.
- The speed of the last rotation of the wrist will give the power to the shot.
- This shot is more readable by the opposite player because I can only push the rod initially.

- Set the ball under the player figure in the middle of the 3-rod, in front of the middle of the opponent's goal (use the tutorial sheets from level 1, steps 1 and 2).
- Put the feet of the player figure on top of the ball in the middle.
- The pull shot starts by firmly pressing on the ball.
- Separate the movements : pull the rod, lift the player figure (turn my wrist left), go around the ball, go along behind the ball (turn my wrist right), place the player figure behind and in the middle of the ball, then turn my wrist to shoot straight.
- The rotation of the fooser's body stance as well as standing strongly allows the movements to be performed easily.

- Set the ball under the player figure at the middle of the 3-rod, in front of the left side of the opponent's goal (use the tutorial sheets from level 1, steps 1 and 2).
- Put the feet of the player figure on the top of the ball to the left (on the far side from the fooser).
- The pull shot starts by firmly pressing while keeping contact with the full width of the ball.
- Separate the movements : pull the rod, go around the ball, go along behind the ball (turn my wrist left), place the player figure behind and in the middle of the ball, then turn my wrist to shoot straight.
- The rotation of the foosers stance, as well as standing strongly allows these movements to be performed easily.

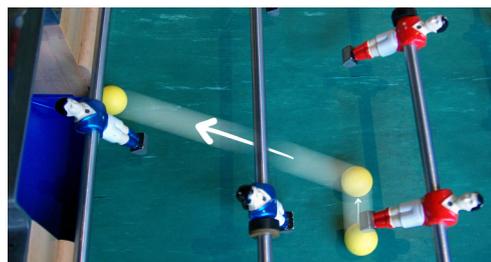
To succeed I must ...

2c / Be consistent with the « pull » shots. From a « front pin » position: perform a short angled pull shot to the far side (crossed).



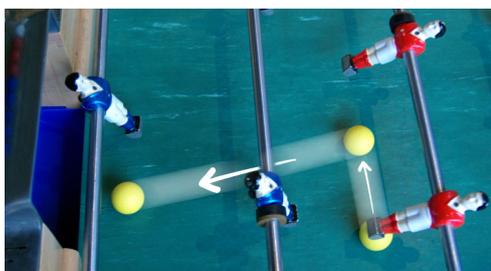
- Set the ball under the player figure at the middle of the 3-rod, in front of the middle of the opponent's goal (use the tutorial sheets from level 1, steps 1 and 2).
- Put the feet of the player figure on top of the ball in the middle.
- The pull shot starts by firmly pressing while keeping contact with the full width of the ball.
- Separate the movements : pull the rod, go around the ball and along behind it (quickly turn my wrist right), then turn my wrist left to angle the shot (the ball is hit on its right side).
- The rotation of the fooser's stance as well as standing strongly allows these movements to be performed quickly.

2d / Be consistent with the « pull » shots. From a « front pin » position: perform a short pull shot to the near side (uncrossed).



- Set the ball under the player figure at the middle of the 3-rod, in front of the middle of the opponent's goal (use the tutorial sheets from level 1, steps 1 and 2).
- Put the end of the feet of the player figure on top of the ball on the right side (nearest to the fooser)
- The pull shot starts by firmly pressing while keeping contact with the ball for a short time.
- Separate the movements : pull the rod, go around the ball completely, go along behind it (quickly turn my wrist right), then turn my wrist left to angle the shot to the right (the ball is hit on its left side).
- The rotation of the fooser's stance as well as standing strongly allows these movements to be performed quickly.

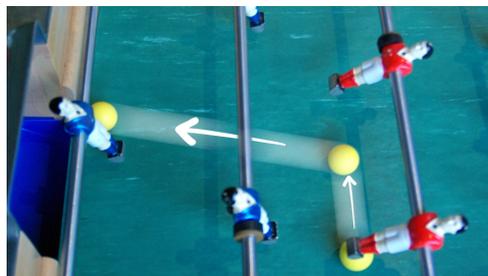
2e / Be consistent with the « pull » shots. From a « front pin » position: perform a long angled pull shot to the far side.



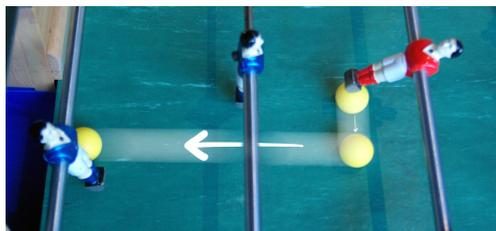
- Set the ball under the player figure at the middle of the 3-rod, in front of the left side of the opponent's goal (use the tutorial sheets from level 1, steps 1 and 2).
- Put the feet of the player figure on the top front of the ball.
- The pull shot starts by firmly pressing while slightly rotating backward. The contact with the ball is short.
- Separate the movements : pull the rod while slightly rotating, go quickly around the ball and go along behind it (quickly turn my wrist right), then turn my wrist left to angle the shot (the ball is hit on its right side).
- The rotation of the fooser's stance, as well as standing strongly allows these movements to be performed quickly.

Level 3

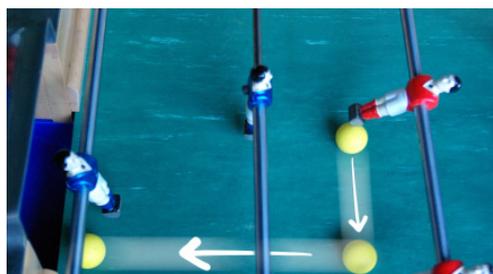
2f / Be consistent with the « pull » shots. From a « front pin » position: perform a long pull shot to the near side (uncrossed).



3a / Be consistent with the « push » shots. From a « front pin » position: perform a short straight push shot.



3b / Be consistent with the « push » shots. From a « front pin » position: perform a long straight push shot.



To succeed I must ...

Set the ball under the player figure at the middle of the 3-rod, in front of the left side of the opponent's goal (use the tutorial sheets from level 1, steps 1 and 2).

Put the feet of the player figure on top of the ball to the right (near side).

The pull shot starts by firmly pressing while slightly rotating backward. The contact with the ball is short.

Separate the movements : pull the rod while slightly rotating, completely go around the ball and go along behind it (quickly turn my wrist right), then turn my wrist left to angle the shot (the ball is hit on its left side).

The rotation of the fooser's stance, as well as standing strongly allows these movements to be performed quickly.

Set the ball under the player figure at the middle of the 3-rod, in front of the middle of the opponent's goal (use the tutorial sheets from level 1, steps 1 and 2).

Put the feet of the player figure on top of the ball in the middle.

The push shot starts by firmly pressing while keeping contact with the ball for a short time.

Separate the movements : push the rod, lift the player figure (turn my wrist left), go around the ball, go along behind the ball (turn my wrist right), place the player figure behind and in the middle of the ball, then turn my wrist to shoot straight.

The rotation of the fooser's stance, as well as standing strongly allows these movements to be performed easily.

Set the ball under the player figure at the middle of the 3-rod, in front of the right side of the opponent's goal (use the tutorial sheets from level 1, steps 1 and 2)

Put the feet of the player figure on top of the ball to the right (near side).

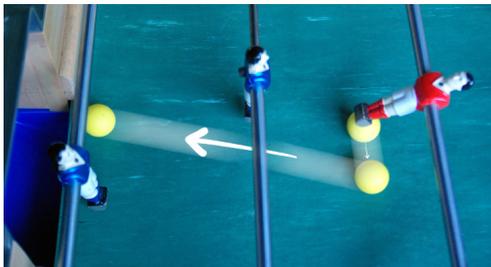
The push shot starts by firmly pressing while keeping contact with the full width of the ball.

Separate the movements : push the rod, go around the ball, go along behind the ball (turn my wrist right), place the player figure behind and in the middle of the ball, then turn my wrist to shoot straight.

The rotation of the fooser's stance, as well as standing strongly allows these movements to be performed easily.

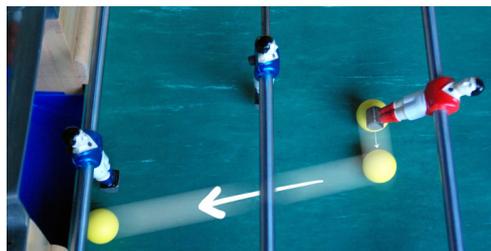
To succeed I must ...

3c / Be consistent with the « push » shots. From a « front pin » position: perform a short angled push shot to the near side (crossed).



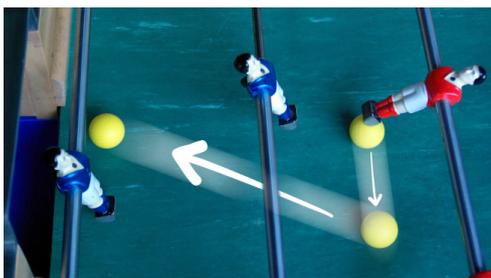
- Set the ball under the player figure at the middle of the 3-rod, in front of the middle of the opponent's goal (use the tutorial sheets from level 1, steps 1 and 2).
- Put the feet of the player figure on top of the ball in the middle.
- The push shot starts by firmly pressing while keeping contact with the full width of the
- Separate the movements : push the rod, go around the ball and along behind it (quickly turn my wrist right), then turn my wrist left to angle the shot (the ball is hit on its left side).
- The rotation of the fooser's stance, as well as standing strongly allows these movements to be performed quickly.

3d / Be consistent with the « push » shots. From a « front pin » position: perform a short angled push shot to the far side (uncrossed).



- Set the ball under the player figure at the middle of the 3-rod, in front of the middle of the opponent's goal (use the tutorial sheets from level 1, steps 1 and 2).
- Put the feet of the player figure on top of the ball on the left (far side).
- The push shot starts by firmly pressing while keeping a contact with the ball for a short time.
- Separate the movements : push the rod, let go of the ball and go along behind it (quickly turn my wrist right), then turn my wrist left to angle the shot (the ball is hit on its right side).
- The rotation of the fooser's stance, as well as standing strongly allows these movements to be performed quickly

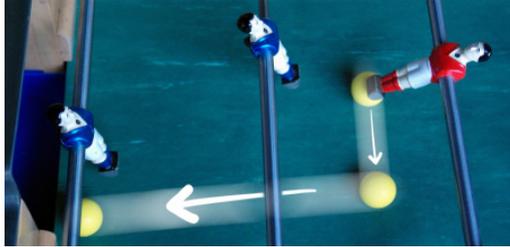
3e / Be consistent with the « push » shots. From a « front pin » position: perform a long angled push shot to the near side (crossed).



- Set the ball under the player figure at the middle of the 3-rod, in front of the right side of the opponent's goal (use the tutorial sheets from level 1, steps 1 and 2).
- Put the feet of the player figure on top of the ball at the front.
- The push shot starts by firmly pressing while slightly rotating backward. The contact with the ball is short.
- Separate the movements : push the rod while slightly rotating, go quickly around the ball and go along behind it (quickly turn my wrist right), then turn my wrist left to angle the shot (the ball is hit on its left side).
- The rotation of the fooser's stance, as well as standing strongly allows these movements to be performed quickly.

To succeed I must ...

3f / Be consistent with the « push » shots. From a « front pin » position: perform a long angled push shot to the far side (uncrossed).



- Set the ball under the player figure at the middle of the 3-rod, in front of the left side of the opponent's goal (use the tutorial sheets from level 1, steps 1 and 2).
- Put the feet of the player figure on top of the ball on the left (far side).
- The push shot starts by firmly pressing while slightly rotating backward. The contact with the ball is short.
- Separate the movements : push the rod while slightly rotating, let go of the ball and go along behind it (quickly turn my wrist right), then turn my wrist left to angle the shot (the ball is hit on its right side).
- The rotation of the fooser's stance, as well as standing strongly allows these movements to be performed quickly.

Level 4

Be able to perform a series of shots that uses push shots, pull shots and straight shots.

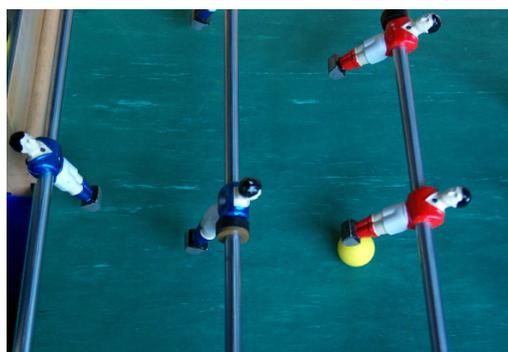
- Set the ball under the player figure at the middle of the 3-rod, in front of the middle of the opponent's goal (level 1, steps 1 and 2). Then try with the other player figures.
- Know the series in advance. Set up the ball according to the first move to perform (levels 1, 2 and 3 of the 3rd step).
- Begin with a series of two movements (among push, pull and straight shot), then try series of three or more movements.
- The series of moves must be done very slowly with the ball stopped between each of them. Then the stop will last less and less time. Finally, the stop must disappear (unless ending the move with a « ball caught » shot)
- The rotation of the fooser's stance, as well as standing strongly allows these movements to be performed easily.

STEP 4

HOW TO DEFEND

Level 1

1a / Be able to defend by following the opponent's moves. Use the 2-rod and the goalie to defend a shot from the 3-rod's middle player figure.



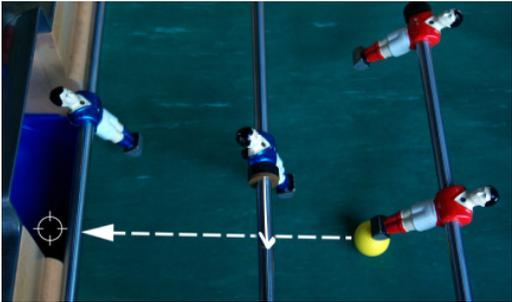
To succeed I must ...

- Position myself so that the back is kept straight.
- Take the handles with my hands, with the palm of the hand inwards.
- Take place at a distance of a forearm from the table.
- Move the goalie and the right player figure from the 2-rod closer so that there is no space for a straight shot.
- Tilt these two player figures to block an angled shot (the defense player figure backwards and the goalie forwards).
- Be careful to not tilt the player figures too much, the ball could pass under them.
- Move both rods simultaneously.
- Move the rod sideways by adapting the rotation of my stance (fooser should keep his/her feet flat for an anchored stance that enables this movement).

1b / Be able to defend by following the opponent's moves. Use the 2-rod and the goalie to defend on a shot from the 3-rod's left player figure.

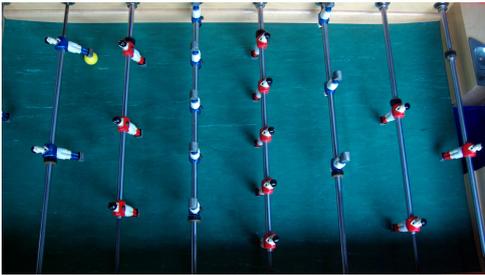


- Move the goalie and the right player figure from the 2-rod closer so that there is no space for a straight shot (step 4, level 1a).
- The right player figure from the 2-rod stands in front of the opponent's player figure and the goalie stays behind and slightly on the left of the defender (classic defense).
- Tilt these two player figures to block an angled shot (the defense player figure backwards and the goalie forwards).
- Be careful to not tilt the player figures too much, the ball could pass under them.
- Move both rods simultaneously.
- Move both rods sideways by adapting the rotation of my stance (the foosers stance should be balanced and strong to enable this movement) to keep the defense while following the opponent's 3-rod's left player figure which is moving the ball.

		To succeed I must ...
	<p>1c / Be able to defend by following the opponent's moves. Use the 2-rod and the goalie to defend a shot from the 3-rod's right player figure.</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Move the goalie and the left player figure from the 2-rod closer so that there is no space for a straight shot (step 4, level 1a). <input type="checkbox"/> The left player figure from the 2-rod stands in front of the opponent's player figure and the goalie stays behind and slightly on the right of the defender (reverse defense). <input type="checkbox"/> Tilt these two player figures to block an angled shot (the defense player figure backwards and the goalie forwards). <input type="checkbox"/> Be careful to not tilt the player figures too much, the ball could pass under them. <input type="checkbox"/> Move both rods simultaneously. <input type="checkbox"/> Move both rods sideways by adapting the rotation of my stance (the fooser's stance should be balanced and strong to enable this movement) to keep the defense while following the opponent's 3-rod's right player figure which is moving the ball.
Level 2	<p>Be able to defend by anticipating the opponent's move</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Be able to defend by anticipating the opponent's move <input type="checkbox"/> Use a defense according to the opponent's player figure which is moving the ball and in anticipation of the shot that might be attempted. The defender is thus not necessarily in front of the attacker. It can be a small gap away to anticipate a push/pull shot. <input type="checkbox"/> Tilt these two player figures to block an angled shot (the defense player figure backwards and the goalie forwards). <input type="checkbox"/> Be careful to not tilt the player figures too much, the ball could pass under them. <input type="checkbox"/> Move both rods simultaneously or quickly move the defender rod in case of a need to modify the defense during the opponent's moves.
Level 3	<p>Be able to defend by bluffing on the opponent's move.</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Set up a classic or reverse defense according to the space I would like to free : classic defense if I free the left side of the goal, reverse defense if I choose to free the right side of the goal. <input type="checkbox"/> The distance between the player figures of my defense must be reasonably big in order to have the time to block a stopped straight shot. <input type="checkbox"/> The defense must move only when a shot is activated and not because of fakes the attacker could make. The bluffing defense should not be shown beforehand. <input type="checkbox"/> Move both rods simultaneously or quickly move the defender rod in case of a need to modify the defense in order to make the block.

STEP 5

BASIC TACTICS AND STRATEGIES

		To succeed I must ...
Level 1	<p>1a / Be able to position the player figures (according to your partner) to defend on a clearing from the opponent's 2-rod (position of the 3-rod, 5-rod, 2-rod and goalie).</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Position the 5-rod in the middle of the field. <input type="checkbox"/> Take into account the 4 gaps between the 5-rod player figures to close the access to my goal. <input type="checkbox"/> My defense rods (use the tutorial sheets from level 1a, step 4) block the two gaps at the center : one with the goalie and the other with the chosen defender. <input type="checkbox"/> Both outer gaps must be blocked with the two side player figures of the 3-rod.. <input type="checkbox"/> First, position the 3-rod player figure in front of the opponent's player figure who is going to shoot. <input type="checkbox"/> Tilt the player figures to the height of the ball in order to eventually block the ball when countering the clearing.
	<p>1b / Be able to position the player figures (according to your partner) when your partner in defense is clearing the zone (position of the 5-rod and 3-rod).</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Position the 5-rod at the middle of the field. <input type="checkbox"/> Position the 3-rod with the middle player figure in front of the middle player figure of the 5-rod (free spaces for the defender to shoot directly on goal) or position the player figures of the 3-rod in front of the gaps freed by the 5-rod to request a pass (in this case, tilt the 3-rod player figures to the height of the ball). <input type="checkbox"/> Take into account the choice of my partner in defense to position the 5-rod and the 3-rod.
Level 2	<p>2a / Be able to vary the shots from the 3-rod, according to simple starts.</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> It is better to shoot from the middle player figure on the 3-rod in order to vary more easily : straight from a stationary ball, pull or push shots. A same start for different shots will make the shots less readable for the defender. <input type="checkbox"/> At the beginning it is better to start with short, straight or angled shots <input type="checkbox"/> Begin by taking into account the shots which I master best, then, try to vary the target to be reached (in corners of the goal, in the center, between both).

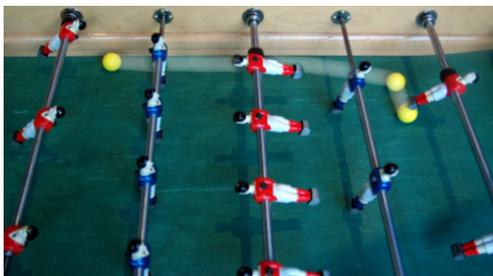
		To succeed I must ...
	<p>2b / Be able to vary the shots from the 3-rod, according to different starts (from « front pin », « back pin », « deflection »).</p>	<ul style="list-style-type: none"> <input type="checkbox"/> It is better to shoot from the middle player figure at the 3-rod in order to reach the goal more easily. On the other hand, try to vary regularly the position of the ball with the player figure : « front pin » (step 3), « back pin » (level 3a of step 2 then shots from step 3) and « deflection » (the player figure stands next to the ball then moves it with the side of the player figure to pass and shoot). <input type="checkbox"/> At the beginning, try a series of two movements : starting position + simple shot (step 5 level 2a). <input type="checkbox"/> Start with a very slow speed of execution in order to be able to perform the series and center the shots. The speed of execution will improve in time.
	<p>2c / Be able to vary the shots from the 3-rod, with a series of moves and fakes.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Vary the shots following levels 2a and 2b of step 5. Try to put confusion in the head of the opponent by varying either the starting position, or the final shooting, or both. <input type="checkbox"/> Perform series of three movements to create confusion : <ul style="list-style-type: none"> 1- Fake a move of the ball, pull/push/deflect (move the ball with one player figure then shoot with another) 2- Go from a « front pin » position to a « back pin » position, or inversely, or perform a series of push/pull or inversely. 3- Make the shot (different levels from step 3). <input type="checkbox"/> Start slowly to be able to perform the shots then go faster. <input type="checkbox"/> An effective shot must not be used more than 3 times in a row in order to not allow the opponent to solve the problem.

Level 3

3a / Be able to perform a pass between the 5-rod and the 3-rod along the wall.



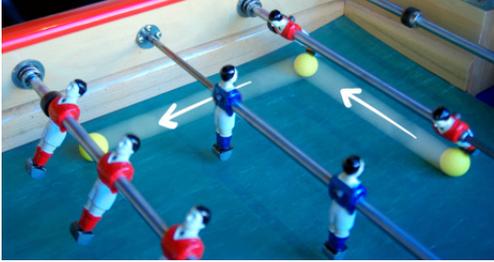
3b / Be able to cooperate with your partner ; perform a pass between the defenders and attackers along the wall.



To succeed I must ...

- Set up the ball on one of the 5-rod player figures in order to perform the pass with one of the two player figures closest to each wall.
- According to my preference, decide to start the 5-rod move from the « front pin » position or from the « back pin » position, then develop it with the techniques from level 3 of step 2
- Position the attacker who will catch the ball by tilting the player figure to the height of the ball. This attacker will be the 3-rod right player figure if the fooser chooses to pull the 5-rod or the 3-rod left player if the fooser chooses to push the 5-rod (level 2 and 3 from step 3).
- When the opponent succeeds too easily in reading the aimed pass, try to vary the moves (level 4 of step 3 and level 2 of step 5) in order to create confusion and spaces along the wall : « front pin », « back pin », push, pull, deflection.

- Set the ball at one of the two defenders in order to perform the pass along the wall. Ensure the 5-rod is not in the way.
- According to my preference, decide to start the 2-rod move from the « front pin » position or from the « back pin » position, then develop it with the techniques from level 1 and 2 of step 2.
- Position the attacker who will catch the ball by tilting the player figure to the height of the ball : the 3-rod right player figure if the fooser chooses to pull the 2-rod using the 2-rod right player figure or the 3-rod left player if the fooser chooses to push the 2-rod left player figure (level 2 and 3 from step 3).
- When the opponent succeeds too easily in reading the aimed pass, try to vary the moves (level 4 of step 3 and level 2 of step 5) in order to create confusion and gaps along the wall : « front pin », « back pin », push, pull, deflection.

		To succeed I must ...
	<p>3c / Be able to cooperate with your partner: perform a pass between the 2-rod and the 5-rod along the wall.</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Set the ball at one of the two defenders in order to perform the pass along the wall. <input type="checkbox"/> According to my preference, decide to start the 2-rod move from the « front pin » position or from the « back pin » position, then develop it with the techniques from level 1 and 2 of step 2. <input type="checkbox"/> Position the 5-rod player figure who will catch the ball by tilting the player figure to the height of the ball : the 5-rod right player figure if the fooser chooses to pull the 2-rod using the 2-rod right player figure or the 5-rod left player if the fooser chooses to push the 2-rod left player figure (level 2 and 3 from step 3). <input type="checkbox"/> Then vary the moves (level 4 of step 3 and level 2 of step 5) in order to create confusion and gaps along the wall : « front pin », « back pin », push, pull, deflection. <input type="checkbox"/> Create a false clue using an attacker player figure waiting to catch the ball
	<p>3d / Be able to perform a pass between the 5-rod and the 3-rod from and to any player figure of the rods.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Set the ball at one of the player figures from the 5-rod. Try to vary which player figures it is set at on the 5-rod. <input type="checkbox"/> Vary the starting positions and movements of the ball before performing the pass (« front pin », « back pin », push, pull, deflection).. <input type="checkbox"/> Position the 3-rod player figure who will catch the ball by tilting the player figure to the height of the ball. The location of the 3-rod player figure may change according to the moves from the passing player figure. <input type="checkbox"/> If the opponent succeeds too easily in reading the aimed pass, try to vary the moves in order to create confusion and gaps. <input type="checkbox"/> In each case, I must have a precise plan in mind but also to adapt according to the opponent's movements.

		To succeed I must ...
	<p>3e / Be able to cooperate with your partner: perform a pass between the 2-rod and the 3-rod from and to any player figure of the rods.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Set the ball at one of the player figures from the 2-rod (vary between the two). Ensure the 5-rod is not in the way. <input type="checkbox"/> Vary the starting positions and movements of the ball before performing the pass (« front pin », « back pin », push, pull, deflection). <input type="checkbox"/> Position the 3-rod player figure who will catch the ball by tilting the player figure to the height of the ball. The location of the 3-rod player figure may change according to the moves from the passing player figure. <input type="checkbox"/> If the opponent succeeds too easily in reading the aimed pass, try to vary the moves in order to create confusion and gaps. <input type="checkbox"/> In each case, the two partners must have a way to communicate (body movements) in order to reduce their confusion but not the opponent's.
	<p>3f / Be able to cooperate with your partner: perform a pass between the 2-rod and the 5-rod from and to any player figure of the rods.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Set the ball at one of the player figures from the 2-rod (vary between the two). <input type="checkbox"/> Vary the starting positions and movements of the ball before performing the pass (« front pin », « back pin », push, pull, deflection). <input type="checkbox"/> Position the 5-rod player figure who will catch the ball by tilting the player figure to the height of the ball. <input type="checkbox"/> When the opponent succeeds too easily in reading the aimed pass, try to vary the moves in order to create confusion and gaps. <input type="checkbox"/> In each case, the two partners must have a way to communicate (body movements) in order to reduce their confusion but not the opponent's <input type="checkbox"/> Create a false clue using an attacker player figure waiting to catch the ball.



PRACTICE SESSIONS



PRACTICE SESSIONS



The exercise games below assume there are 5 tables available. But of course, this can be adapted as needed depending on how many tables are available.

For beginners, we have to focus on fun, game situations. Technical exercises, based on the repetition of movements will be preferred for players expressing a wish to get closer to competition level.

The rules and scoring system depend on the audience expectations .

The key is to fix an overall objective for the session:

- technical (example, learn to block ball)
- cognitive (example, making the right decisions base on observations/ analysis of the game)
- social (example, learning to play with everyone)
- emotional (example, learning to control emotions)

1st GAME UP AND DOWN

Principle

The 5 tables are classified by level . No. 1 is the highest and No. 5 is the lowest level. It is assumed that a match occurs on all tables . Matches are limited in time (example 3 minutes) in order to begin and end at the same time. After the matches , the winner goes to the table 1, the loser goes down a table to # 5 . In case of a tie at the end of full time, the first who scores wins the game. Exercises can be done easily in singles and doubles, whatever the age and gender of the foosers.

Adaptions

If there are more players than tables, add referees who manage the time and the foosers playing if they disagree.

- If a team is waiting, the «referee team» will be the one who just won. Thus, the losing teams will play every game and try again after their defeat.
- If there are two teams on standby, the two teams will referee 1 match out of 2 (at the table where they just won.)
- If there are more than two teams waiting, you can have tournaments organized by level on each table.

The up and down situation can be done with the traditional rules or with specific themes. In this case, we can adapt a specific rule on each table by increasing the constraint gradually as one approaches table # 1. In all cases, finish the session with the traditional rules to be well aware of the progress of each participants.

Example

We are working on the first level of the first skill which is «be able to catch a ball» . We are playing with the traditional rules, but we add a way to score extra points :

- Table 5: a ball caught by any player gives 1 point to his/her team.
- Table 4: the second ball caught, the team scores a point .
- Table 3: the third ball caught, the team scores a point .
- Table 2: the fourth ball caught, the team scores a point .
- Table 1: the fifth ball caught, the team scores a point

2nd GAME

TOURNAMENT BY LEVEL

Principle

5 tables are classified by level. No. 1 is the highest and No. 5 is the lowest level. It is assumed that a match occurs on all tables . Matches are limited in time (example 3 minutes) in order to begin and end at the same time.

Foosers are placed according to their level and number of participating players . It is better to have the same number of players on each table . With at least 4 doubles (or 4 singles) , it is ensured that all will play against each other. At the end, we can establish a ranking.

Variations

Imagining that one does not have the same number of teams (or players) on each tables, do not hesitate to make several of the same level groups. If the differences are very low (for example 5 players on the table 1, 4 on the 2, 6 on the 3, 5 on the 4 5 and 6 on), do not hesitate to vary the time of the matches (longer if it is less numerous, shorter if one is more).

If there are 4 players on a single table and you want to play doubles, switch partners so that everyone plays with all possible partners.
After the games, we will know which player finishes with the most wins and therefore wins the tournament.

As with the first base position, level tournaments may be with the traditional rules or so with specific themes. In this case, be adapted also the rules of each table by putting more stress gradually as it gets closer to the table # 1. In all cases, the final session should be with the traditional rules of table soccer to be well aware progress. It is conceivable to change levels of groups from one session to another using the up-down system.

If I finish first in the tournament, I go up a table (level) at the next session. If I finish last in the tournament I come down a table (thus a level) at the next session. Foosers classified in the middle remain at the same table. You can also decide to raise and / or lower several players at once, in order to balance the groups.



Example

We imagine working on the first level of the second technical stage, that is, say «Moving the ball along as a player on the same rod.» Various tournaments of all games we play with traditional rules but we add a way to score extra points:

Table 5: If two players of the same bar touch the ball (even without it moving) before sending it to the front, I have a point.

Table 4: If two players of the same bar touch the ball (which is in motion, so a pass) before sending forward, I have a point.

Table 3: If the three attackers touch the ball (the ball is not necessarily always moving) before sending forward, I have a point.

Table 2: If the three attackers touch the ball (always in motion, let's say at least two passes) before sending it to the front, I have a point.

Table 1: If I make at least three passes with players in the same bar (the back, mid-field or attackers) before sending the ball forward, the team gets a point.

3rd GAME SEEDED PLAYERS

Principle

At the end of each session, the player running the session takes notes on where each player played his or her last game. If I finish at table 1, I get 50 points. If I finished at table 2, I get 40 points. If I finish at table 3, I get 30 points. If I finish at table 4, I get 20 points. If I finished at table 5, I get 10 points. If I am absent from a session, I get no points (which makes sense because I cannot progress if I am not playing). At final sessions, my point score increases and therefore changes session by session (along with my progress).

This system allows the formation of doubles teams balancing collective values for each team: I have a value of 320 points, if I start with a person on 100 points, our collective value is 420 points. If one encounters a team of two players with an individual value of 210 points, balance between our two doubles is perfect.

So, occasionally, it is possible to play all the partners who would never have done if the system had not imposed. In fact, one can compare this game transfer system in the world of professional football.

Variations

If the point value of opposing teams is not the same, think about giving some points at the beginning of the match to the team with fewer points. One can impose different rules to players based on their value, even if they are part of the same team (e.g. only the players with fewer points can score).

One can impose where a team member plays based on their individual value : the highest ranked defense and ranked lower in attack (or vice versa in depending on the purpose of the session).

Example

Imagine working on the 1st level of the 3rd technical step, that is say « Shoot the ball.» One can imagine that the goals of the lowest ranked count double. It may require foosers to score with specific player figures (they are different depending on the level of each). It may require the highest ranked fooser to change shooters after each goal. All variations are possible within the same team, a team relative to another , and between the four players involved in the double meeting (can use their individual points value to give them different constraints) .

4th GAME CHALLENGE



Principle

At the end of a session, we establish an overall ranking of the foosers. Imagine having 4 foosers at each table. Table 1 therefore classifies foosers 1st to 4th place. Table 2 classes foosers from 5th to 8th place. The class 3 table foosers are 9th to 12th place. Table 4 ranks foosers in the 13th to 16th place. And table 5 classes foosers in 17th to 20th place.

Starting with the latter, it is proposed to challenge players against any other player ranked higher than him or her. If I win, I take his or her place and she or he mine. Give the player who will challenge the chance to start the match with points beforehand. These points are determined based on the table levels. Example: If the 20th (table 5) challenges the 8th (Table 2), they will be 3 points ahead because there are three tables between them ($5-2 = 3$). Matches are played first to 6 points. This leaves fewer chances for error by higher-ranked foosers, and gives lower-ranked fooser hope to win.

A challenge cannot be denied. After the first series of meetings (in this case 10 games), a new classification is established. With this new ranking, we start again the process of the less-ranked foosers challenging the higher-ranked foosers, giving priority to those who did not challenge anyone before.



Variations

If the fooser running the session has a higher level than anyone else, he/she can play on a table better than table # 1 (e.g. table 0) . This will give a lucky fooser the chance to be able to challenge a top ranked fooser. We can give extra points difference to those who challenge a no. 1 ranked person.



Example

We imagine working on the 1st level of the 4th technical step , that is say « Be able to defend by following the opponent's moves.» One can imagine that two blocks made by the lower ranked fooser gives him/her a point. We can also say that two shots on target from the lowest-ranked player is given a point.



MINI GAMES

We can play mini games by exploiting the following exercise games (the « Up / Down », «tournament by level », « seeded players », « challenge »), but without necessarily working on levels within the technical steps to be acquired in the tutorial section. It is therefore rather to emphasize here the fun aspect. We use the simplified rules for these mini games for the least constraints!

Bouncing balls game (2 to 4 players)

The idea is to play with a bouncing ball (for children, ping-pong, light plastic ball) that is close to the maximum diameter officially of 36mm.

Five grenades games (2 to 4 players)

The idea is to score 5 balls from the mid-field and in a specified time.

The team that has the most balls (grenades) in his/her opponent's goal wins!

Does not matter how many balls are used, but always use an odd number. Bouncing balls are better! Possibility of using other types of balls.

Penalty Game (2 to 4 players)

The idea is to create pairs with a striker and a goalie, the forward must perform five shots, then they swap positions. Add up the goals at the end to determine the winner.

Opportunity to use this game when there are only a few foosers.

Release balls game (2 to 4 players)

The idea is to create pairs to get a striker and a pitcher, take 4 to 6 balls (more depending on the number of foosers) and release every 5 to 7 seconds a ball from the back corner using the slope.

The goal for the attacker is to put maximum balls into the goal (set of speed and accuracy).

The pitcher chooses a defence that the striker must shoot against. Once the series of shots is done, change roles.

Rotating Game (4 player minimum)

Must create teams of 4 players per table.

The principle is to change position every two goals. The defenders take the place of the attacker and the attackers take the place of the opponents defenders by turning it counterclockwise.

Color ball game (2 To 4 players)

Put in the game two different colored balls.

Give instructions not to touch the yellow or white ball.

Great potential variants, e.g. make a two or three passes on a cited ball .

Minesweeper game (2 To 4 players)

The idea is to place items on the pitch in specific places.

Two items are placed by each team. The best is to use items that are different colours (and preferably the same colours as the player figures of each team).

The objective is to knock down the opponent's items while protecting ours.

Goalie War Game (2 players maximum)

The idea is to play a game between two players at the back . Lift the 3-rod and 5-rods upside down.

The first player reaching 5 to win. Alternatively + = > The objective is to protect our goal and recover the ball without it leaving the goalie area.

5-rod War Game (2 players maximum)

After a draw, have a match between two foosers starting with the ball in the middle of the bar. The goal is to move the ball from the middle bar to the 3-rod.

You get a point every time you succeed in passing to the 3-rod.

The game is usually played to 5 points, but foosers can change this.

Ball on fire (2 to 4 players)

The idea is to play a match between two, three or four players without stopping or controlling the ball.

Possibility of penalty points.

Bank shots & 'on the fly' shots (2 to 4 players)

The idea is to play a match between two, three or four players only using bank shots and 'on the fly' shots (not stopping the ball).

No spinning allowed or controlling the ball.

Great potential variants, penalty point , concept of time, loss of ball benefit to the opponent.

5-rod shot game (2 players maximum)

After a draw, play a match between two players in one against one, an attacker with the ball at the 5-rod and a defender at the goalie rods.

Lift the bars of the opposing 5-rod and our 3-rod. The idea is to score goals from the 5-rod, we have 5 balls so 5 tries.

The player who scored the most goals wins, in case of a draw it requires two points difference and the first to 8 wins.

Alternatively : the aim is to protect our goal and recover the ball without it leaving the goalie area.