

Useful skills for competitive walking football

While walking football is a modified version of traditional football, it still requires a certain set of skills to play effectively at a competitive level. Here are some of the key skills needed to play walking football:

Ball control: Good ball control is essential in walking football, as players need to be able to dribble, pass and shoot accurately. Its vitally important to also keep the ball on the ground. Another key aspect of walking football is to pass the ball to feet rather than passing it for a player to “run” onto.

Awareness: Players need to be aware of their surroundings, including the positions of their teammates and opponents, as well as the location of the ball.



Communication: Effective communication with teammates is crucial in walking football, as players need to be able to coordinate their movements and pass the ball effectively.

Mobility: While walking football is a slower-paced version of the game, players still need to be able to move quickly and change direction to keep up with the ball and their opponents.

Decision making: Walking football requires quick decision making, as players need to react to the movements of their opponents and decide when to pass or shoot.

Stamina: While walking football is a low-impact version of the game, it still requires players to have a certain level of stamina to keep up with the pace of the game.

Discipline: To not run, to not tackle from behind, to be aware of the safety of your opponent and to not head the ball.

Jockeying: Forcing or steering your opponent to go in the direction you prefer is sound tactic because tackling is not allowed.

Teamwork: Finally, walking football requires a strong sense of teamwork, with players needing to work together to pass the ball and create scoring opportunities.

Have we forgotten something? Your thoughts: info@walkingfootballbrisbane.com.au