



# TRAINING BOOKLET

Let's all enjoy table soccer



ATHLETES  
INSPIRE  
CHILDREN



Co-funded by  
the European Union

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# Introduction



## The project

The "Table Soccer At School" (TSAS) project is an innovative European initiative that uses table soccer as a tool for social inclusion in primary schools. Coordinated by the International Table Soccer Federation (ITSF) and implemented in partnership with Athletes Inspire Children (Germany), Universidad Camilo José Cela (Spain), and the Bulgarian Chamber of Commerce and Industry (Bulgaria), this project co-funded by the European Union addresses two major challenges: the growing sedentary lifestyle among children and the need for effective tools to promote social inclusion.

Table soccer has the unique advantage of transcending barriers of gender, social background, culture, or disability. TSAS particularly targets children from disadvantaged backgrounds, for whom school often represents the only space for equitable access to physical and social activities.

### The Purpose of This Booklet

This practical guide supports you in implementing inclusive and educational table soccer activities. It contains mini-games adapted to different levels, animation strategies that promote diversity, and progression tools to accompany each child's development.

### The Benefits of Educational Table Soccer

Beyond physical activity, table soccer develops coordination, reflexes, and concentration. Its real strength lies in its ability to create social bonds: communication, respect for rules, emotional management, and acceptance of differences. This practice also fosters autonomy and self-confidence.

### How to Use This Guide

The activities adapt to your reality: available time, number of children, accessible equipment. Each activity specifies its educational objectives to help you build personalized learning paths.

Together, let's make table soccer a bridge to inclusion!



# Introduction



## A little bit of history

The history of table soccer is rich and eventful. The first concepts for playing soccer on a table date back to the late 19th century, but it was only in the 30s that mass production helped it to become more established. After the second world war, table soccer became very popular in Europe and the United States, reaching its first peak in the 1970s.

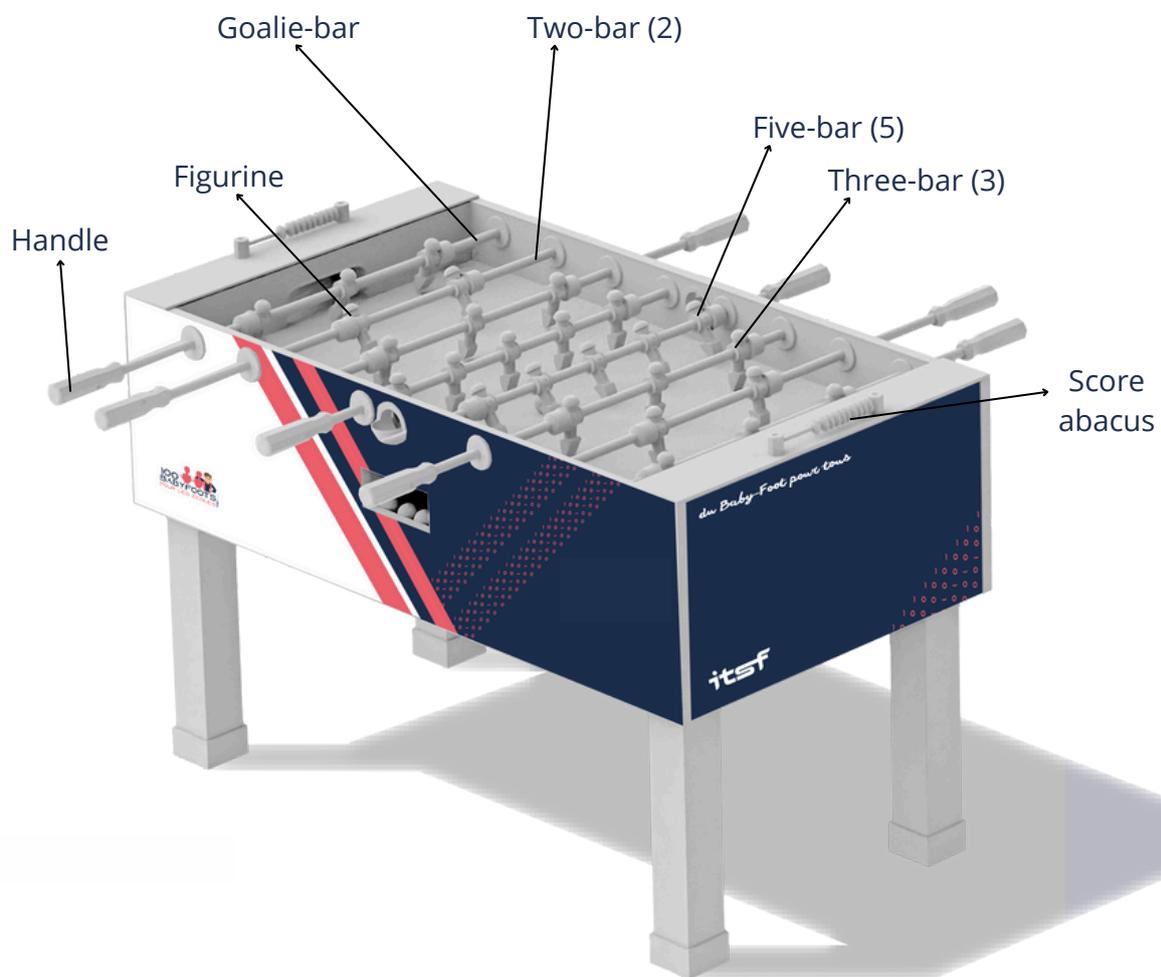
With the arrival of video and electronic games in the 80s, the game gradually disappeared from public locations such as bars and arcades. These days it is much more commonly found in homes, schools and colleges, and in the workplace, having again become a tremendously popular pastime.

The first table soccer championships were established in the 50s. National table soccer federations started to come into being in the 70s, and the sport took a significant step forward with the establishment of the International Table Soccer Federation (ITSF) in 2002. Since then, the ITSF's World Cup and World Tour have brought tens of thousands of players of all ages and levels of experience together to enjoy fun and competition at the football table.

The sport has survived through the ages - continues to attract many new fans - thanks to its simplicity and friendliness. The 100 Tables project was launched in 2021 with the aim of getting foosball tables into more schools and colleges, sports and social clubs, and health and social care facilities.

# Technical Knowledge

## Glossary



# Table Soccer in the World



**Bonzini**



**Practice areas :** France, United States, Germany, Denmark



**Infinity**



**Practice areas :** Spain, Mexico



**Garlando**



**Practice areas :** Italy, Switzerland, Austria, Eastern Europe, Africa, Canada, United Kingdom



**Leonhart**



**Practice areas :** Germany, Benelux



**Roberto Sport**



**Practice areas :** Italy, North Africa, Eastern Europe



**Tornado**



**Practice areas :** North America, Asia

# Technical Knowledge

## The rules

### Article 1 : The Kick-Off

The game begins with a coin toss. The kick-off (player who won from the coin toss or who conceded a goal) is taken from the midfield (5-bar), with the ball stationary.

### Article 2: The "loan"

For any kick-off or restart, the player must ask "ready?" and wait for his direct opponent to respond "ready!".

### Article 3: Spinning

Spinning is allowed, provided the bar does not rotate more than one rotation before and after the shot.

### Article 4 : Goal

A goal can be scored from any bar or player.

### Article 5 : The Ricochet Goal

A ricochet goal (ball enters and exits the goal) is worth only one point. Normal kick-off from the midfield (5-bar).

### Article 6 : Ball Restart

The team that knocks the ball off the table loses possession. The ball is restarted at the defense (2-bar) of the team that did not knock the ball off.

A ball that becomes immobilized between the midfield bars (5) is restarted at the midfield of the team that conceded the last goal.

### Prohibited Actions

- Moving or lifting the game table.
- Bending the bars.
- Any attempt at distraction.
- Having an aggressive attitude toward opponents.

To learn more, find the rules on the ITSF website  
<https://www.tablesoccer.org/page/rules>

# Technical Knowledge



## Getting started

To introduce and help players progress in foosball practice, we offer you various mini-games. You can implement different mini-games depending on your session time and number of players.

These mini-games have common educational objectives such as: reactivity, reflexes, peripheral vision, communication.

Furthermore, foosball practice allows players to work on several objectives like following instructions, respecting equipment, respecting others, building self-confidence, and accepting defeat.



# Now let's play



## To have fun



### Grenades Game

**Educational objectives:** reflexes, reactivity, peripheral vision.

2 to 4 players

Equipment : 5 balls

Duration : 10 to 15 minutes

The principle is to put 5 balls into play simultaneously from the midfield, and the team that has put the most balls (grenades) into their opponent's side wins! The number of balls doesn't matter, but always use an odd number.

### Penaltys Game

**Educational objectives:** concentration, strategy, shooting techniques.

2 to 4 players in pairs

Equipment : 1 to 2 balls

Duration : 10 to 15 minutes

The principle is to create pairs with an attacker and a goalkeeper. The attacker has five shots to take, the attacker and goalkeeper switch positions after each goal. Scores are tallied at the end to determine the winner.





# Now let's play



## To have fun

### Hot ball game

**Educational objectives:** reactivity, reflexes, peripheral vision.

2 à 8 players

Equipment : 1 ball

Duration : 10 to 15 minutes

The kickoff is made by throwing the ball between the two middle bars and the principle is to play the game without the ball being able to stop. When the ball stops, the restart is made between the two middle bars. Add penalty points or a forfeit when the ball is controlled (example: a penalty for the opposing team). Variant: play the same game but with 2 balls.

### Relay game

**Educational objectives:** adaptation, decision-making.

3 or more players

Equipment : 1 ball

Duration : 10 to 15 minutes

Set a number of goals to score in order to win. The principle is to change positions every two goals - all players rotate counterclockwise.

Variations: When there are many players, play 4 vs 4 matches with a queue on each side. It's possible to eliminate players when they are in the goalkeeper position as soon as they concede a goal, then 8 new players take over.

# Now let's play



## To have fun



### Power and Dirty Tricks Game

Educational objectives: reflexes, reactivity, strategy, team spirit, communication, socialization, context adaptation, decision-making.

2 to 4 players

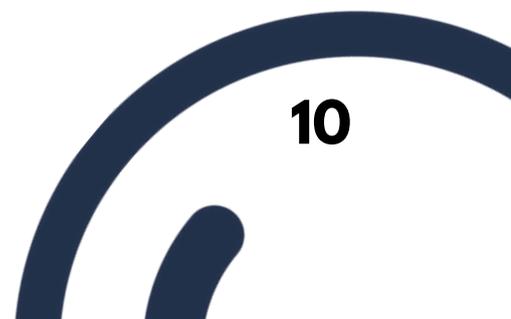
Equipment : 1 ball

Duration : 45 minutes

The match can be played 2 vs 2 or 1 vs 1 We recommend printing the powers and dirty tricks and using them as cards. This will make them easier for players to understand. You can absolutely create your own new power and dirty trick cards.

Decide how many sets the match will be played in and how many points per set (favor an even number of points). Shuffle the cards and each team draws a chosen number. Only one card can be used per set. The proposed rules can be modified as you wish, don't hesitate to adapt the game for yourself and the players.

This game was invented by Ms. Sophie Rousseleau, teacher at Châteaubriant (France) Middle School.



# Now let's play



## To have fun

### HELP CARDS

**Who ?** A Help card can only be used by my team.

**When ?** Only one Help card can be chosen per round, and shown to the opposing team.

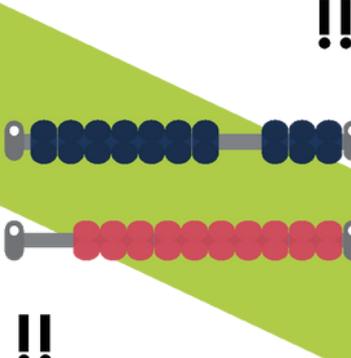
**THE DIVINE HAND**



During a throw-in, you can place the ball wherever you want.

Valid for 2 GOALS

**DOUBLE OR NOTHING**



During a throw-in, we announce "double or nothing". If we score, we double our score, and if the opponent scores, we go back to 0.

Valid ONCE per round

**SWITCH**



During a throw-in, we announce "switch". If we score, we exchange scores with the opponent. If the opponent scores, nothing changes.

Valid ONCE per round

**BINGO**



x2

x2

Say BINGO when a ball is controlled. If there's a goal, the point counts double, otherwise we lose a point (only 10 secs to score).

Valid ONCE per round

**DOUBLE**



x2

x2

During a kick-off, it's announced that the goal is worth 2 points if our team scores.

Valid ONCE per round

**SUPER BALL**



x4

x4

During a kick-off, it's announced that the goal is worth 4 points if our team scores.

Valid ONCE per round

# Now let's play



## To have fun

**TWIX**

x2

x2

One bar of choice (except the front bar) scores double. (The same bar for the entire round).

Valid for ONE round

**PENALTY**

!!

!!

When the opposing team scores, my team has the possibility to take a penalty to equalize.

Valid for 2 GOALS

**POWER CARD**

The supervisor invents the power of his choice.

Valid ONCE per round

### HINDER CARDS

**Who ?** The chosen Hinder card is imposed only on the opposing team

**When ?** Only one Hinder card is chosen per round and shown to the opposing team.

**FORWARD**

Only the front bar is allowed to score.

Valid for 1 BALL

**STRIKER**

We choose the opposing player who will be the only one allowed to score.

Valid for 1 ROUND

**2 PER 2**

+/-

When the opponents score a goal, 2 points are put on hold. If the next goal is scored by the opponents, they score these 2 points. If my team scores, it only wins 1 point.

Valid for 3 BALLS

# Now let's play



## To have fun

**NO THREE-BAR**



Forbidden to score with the forwards' bar.

Valid for 1 BALL

**WHO IS WHO ?**



We choose who plays offense and who plays defense on the opposing team.

Valid for 1 ROUND

**DOUBLE PENALTY**

+/-



During a kick-off, we announce "double penalty." If our team scores, we gain a point and the opposing team loses one.

Valid once per 1 ROUND

**ONE HAND**



Players can only play with one hand.

Valid once per 1 ROUND

**THE MIDDLE**



Only the player in the middle of the attacking line can score.

Valid once per 1 ROUND

**CARTE BLANCHE**



The supervisor invents the dirty tricks of his choice.

Valid once per 1 ROUND



# Now let's play



## To progress

### Midfield Face-Off

**Educational objectives:** concentration, strategy, reactivity, peripheral vision.

2 players maximum

Equipment: 1 ball

Duration: 10 to 15 minutes

Match between two players starting with the ball under the midfield bar. Set a winning score. The goal is to pass the ball from the midfield bar to the forward bar while controlling it. When a player has retrieved the ball at the front while controlling it, they score a point. Players alternate each attempt.

### Game of Five Shots

**Educational objectives:** reflexes, reactivity, strategy, concentration, precision, shooting technique.

Maximum 2 players

Equipment: 1 ball

Duration: 10 to 15 minutes

Match between 2 players in 1 vs 1 (1 attacker with the ball at midfield and 1 defender at the back bars). Lift the opponent's midfield bar and our front bar. The game follows the same principle as penalty shots but involves shooting from midfield rather than from the front. The objective is also for the defender to keep the ball in their half after the shot.

Scoring: if the defender manages to keep the ball in their half, they score one point. If the attacker scores a goal, they score one point. The player who scored the most points wins.

# Now let's play



## To progress

### Goalkeeper Battle

**Educational objectives: coordination, reactivity.**

Maximum 2 players

Equipment: 1 ball, 2 tubes the diameter of the player feet

Duration: 10 to 15 minutes

Match between two players using the goalkeepers. Raise the forward and midfield bars using the tubes. The first player to score 5 goals wins. When the ball stops and cannot be retrieved, it is given to the player toward whom the ball was heading. The objective is to protect your goal and retrieve the ball without it leaving the goalkeeper area.

### Skill Game

**Educational objectives: adaptation, coordination, positioning.**

2 to 4 players

Equipment: 1 ball

Duration: 10 to 15 minutes

The match can be played in singles or doubles. Players can only use one hand.

# Now let's play



## “My first steps” passport

The "my first steps" passport allows you to track your progress in table soccer. The levels must be completed in order. If there is any doubt about mastering a level, do not hesitate to repeat the exercises before moving on to the next level.



**Full name :**

- |   |   |
|---|---|
| <input type="checkbox"/> <b>1.</b> Know the simplified rules of foosball  | <input type="checkbox"/> <b>2.</b> Move the bars smoothly<br>Strike the ball intentionally                        |
| <input type="checkbox"/> <b>3.</b> Send the ball from one player to another<br>Strike a ball after moving it                    | <input type="checkbox"/> <b>4.</b> Control a ball at low speed<br>Pass the ball from one bar to another           |
| <input type="checkbox"/> <b>5.</b> Strike the ball toward the goal from the<br>defenders bar, midfield bar, and<br>forwards bar | <input type="checkbox"/> <b>6.</b> Coordinate the movements and<br>positioning of the back bars and<br>goalkeeper |
| <input type="checkbox"/> <b>7.</b> Successfully retrieve a ball stuck between<br>a player and the side wall                     | <input type="checkbox"/> <b>8.</b> Successfully make a pass between<br>the midfield bar and forwards bar          |
| <input type="checkbox"/> <b>9.</b> Aim for a space from the forwards bar<br>with movement                                       | <input type="checkbox"/> <b>10.</b> Aim for a space from the defenders<br>bar with movement                       |



**GET SMILES  
WITH  
TABLES  
SOCCER!**



## GET IN TOUCH

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