

NEW WALKING FOOTBALL SESSIONS - ACTIVITY AIMED AT 50+

CARLTON MEADOW PARK, LOWESTOFT ROAD, CARLTON
COLVILLE, NR33 8JD - MULTI-USE GAMES AREA STARTING

FRIDAY 8TH MARCH 2019 2.00 PM UNTIL 3.00 PM



Walking Football is a slower paced version of the traditional game. If you have retired from the game, no longer play through injury, or want to give a new sport a try, then this group could get you back involved in the game. Meet new people and share your passion for the game.

What is Walking Football? Walking Football is non-contact and anyone that sprints, runs or jogs whilst the ball is in play will be penalised with a free-kick awarded to the other team

Are the rules the same? Walking Football has the same rules as the five aside game but one main difference – no running

What should I wear? Comfortable loose clothing, appropriate for taking part in sport, and trainers or astro turf trainers

What should I bring with me? A drink – water or sports drink