

DESCRIPTION

GAME 1

20x20 yard grid with a 4x4 yard square in the center (the vault) - Players are the good guys and have a ball (their key) and dribble around the area. On coaches command “meet me in the vault” the players have to run to the vault with their ball to open the door. Next, nominate a player to become a bad-guy. This time, when the players head to the vault the bad-guy will try to catch the good-guys to get them on their team.

Next, the coach becomes a bad-guy and scatters discs, cones and pennies around the outside of the area - this is going to be the “money” that the bad guy drops - when coach shouts “go get the money, each player dribbles to collect a piece of money and returns it to the vault, the bad-guy will chase them and if they are tagged they are frozen. To become unfrozen a player must receive a high-five from another player - play a couple of times and allow some of the children to be the bad-guy.

GAME 2

Bank Robbery - 20x20 yard grid with a 4x4 yard square (vault) in the middle. The players are now the bad-guys This time you will start with all of the pennies, cones and discs in the vault. Divide players in to small teams (max 4 players) and assign them to a corner (or area) on the outside of the field which will be their hideout. When coach shouts “go” one player from each team enters the vault (with their ball) and steals one piece of money - they return it to their hideout. The team with the most money when it is all gone is the winner.

Next round, you can choose a couple players to be the guards of the vault - if they tag the robbers then the robber is frozen for 5 seconds.

Play a couple times then we can add in a rule which allows players to steal from the other teams - once all treasure is gone from the vault you allow thirty seconds for teams to steal from each other, one player at a time from each team.

Scrimmage

Game time - 30x20 yard field with a small goal at each end - no goalkeepers - try to balance teams to play 3v3 (you may have a team of four if you have a few newer players, or a team of two if you have stronger players). The goal is to have every player involved and kicking the ball regularly

COACHING POINTS

FIRST COACHING POINT

Take small touches on the ball to ensure they can get as many pieces of money as possible

SECOND COACHING POINT

Keep your head up as you dribble so you can see the bad guys and perform a skill to get away from them

FIRST COACHING POINT

Try to dribble with the foot that’s furthest from the defender

SECOND COACHING POINT

Use the U-turn if being chased to get back to the hideout safely.

Try to keep the game flowing without breaking the play too often- have plenty of spare balls so that if it goes out you can toss a new one in. If you see a player being shy or hanging by the goal we can give them the ball and help them dribble up the field.

Try to find instances to reiterate your coaching points - be quick and concise - hi-light the positive application of your topic to show the players what you want them to do. Look out for

- 1) Players dribbling right towards an opponent
- 2) Players kicking the ball away immediately
- 3) Players unable to maneuver around an opponent

DIAGRAM

