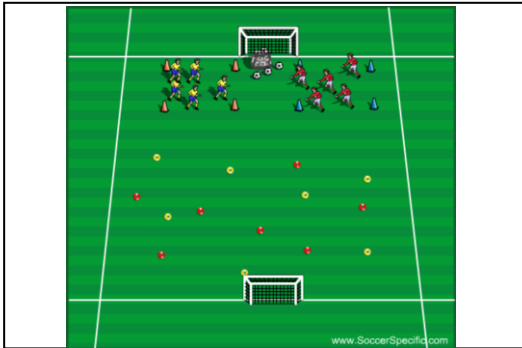


Theme - Dribbling



1. Spaceships and volcanoes

Players are split into 2 groups – 1 group called spaceships, 1 called volcanoes.

Half the cones are arranged the right way up (volcanoes) and the other half upside down (spaceships).

When told to go, players must run and turn the cones so they are facing the way of their team.

Teams must return to base as fast as they can when told to do so.



2. Fly round the galaxy

Every player has ball – or 1 between 2 if not enough.

Players start off at their base and, when asked to fly round the galaxy, they dribble the ball around all the cones trying not to touch the cones (planets).

Players encouraged to take lots of small touches behind the ball.

Progress by asking players to follow a colour order of cones – blue, red, white – encouraging players to lift head when dribbling. Teams win points for their team by getting back to base on command.

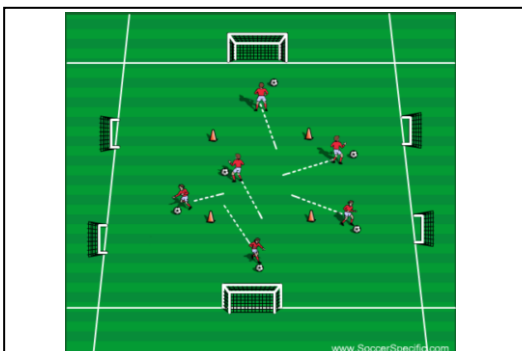


3. Avoid the aliens

Fun game!

Players line up at 1 end of the pitch (A) and, on command, have to dribble their ball to the other end (B), avoiding the aliens in the middle (coaches who are sitting down ready to steal balls).

If a player loses their ball, they become an alien!



4. Zap the aliens

Score as many goals as you can!

Players dribble freely around the pitch, trying to score as many goals as they can in a set time.

Players are encouraged to dribble around the pitch, scoring into different goals after every shot.

Notes