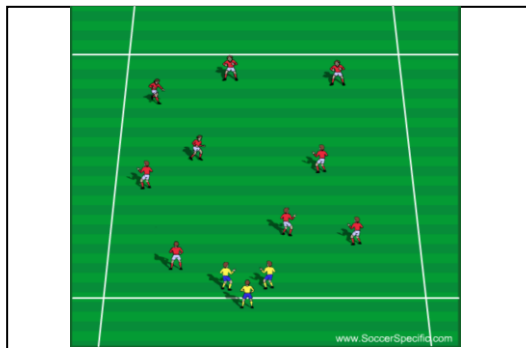


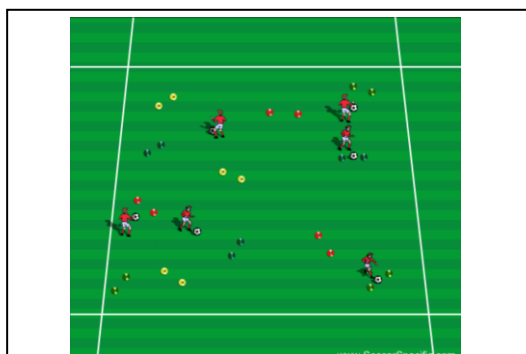
## Theme - Dribbling



### 1. Tig

A variety of tig games for a fun warm up.

- **Fox tails** – Every player uses a bib to create a fox tail. Catchers try to steal their tail. If they lose their tail, they become a catcher as well.
- Progress by giving everyone a tail with everyone being a catcher. The player with the most tails at the end is the winner.



### 2. Dribbling gates

Every player has a ball and is encouraged to move through the gates (cones) with their ball.

On command, players follow a sequence of colours, performing different twists and turns as they go.

Progress by seeing how many gates players can get through in 30 seconds.

#### Coaching points

Lots of touches using both feet.

Head up as much as possible, looking to see what path to take.

Go as fast as possible, keeping the ball under control



### 3. Steal the bacon

Fun game!

Using the same set up as before, each team has 3 cones in their corner with 11 balls in the middle.

On command, each team must try to retrieve a ball from the middle and return to their base, playing it on a cone. Once all 3 cones are filled, the game finishes. It's a race against the other teams though and players may take a ball from the middle or another team's base.

Only 1 player may leave their base at any one time and if another player tries to steal a ball, they must be allowed to take it.

Progress by removing a ball at the middle at the start of each new game.



### 4. Games!

Small sided games – 3v3 or 4v4 max.

Players are encouraged to play as a team, passing the ball to team mates to score a goal.

Any goals scored must be celebrated with a Yeeha or a Woo Woo Woo!

## Notes