

Organisation

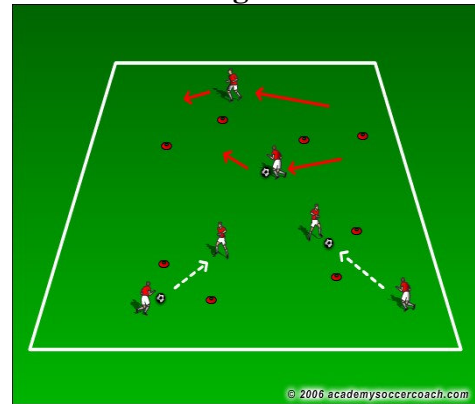
- Players are arranged into pairs, with each pair having a ball.
- Players dribble the ball around the grid aiming to find a free gate.
- They then pass the ball through the gate to their partner.
- They then go and find another gate.

Passing Gates Coaching Points

Dribbling

- Close control,
- Eyes up
- Look for space/free gate.
- Passing: technique, accuracy, weight of pass.

Diagram



Organisation

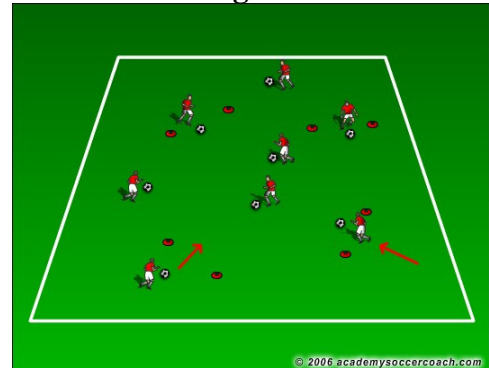
- Each player has a ball.
- The aim is for the players to dribble around the grid and go through as many gates as possible.

Race Cars Coaching Points

Dribbling

- Close control
- Eyes up
- Look for space/free gate.

Diagram



Organisation

- Players are put into teams, with each team having a ball.
- Players take it in turns to dribble the ball to the other end of the grid, collect a piece of gold (cone) and dribble back to the start line.
- Player stops the ball on the lines between the cones and the next person goes.
- Players continue to take turns until all the cones have been collected.

Treasure Island Coaching Points

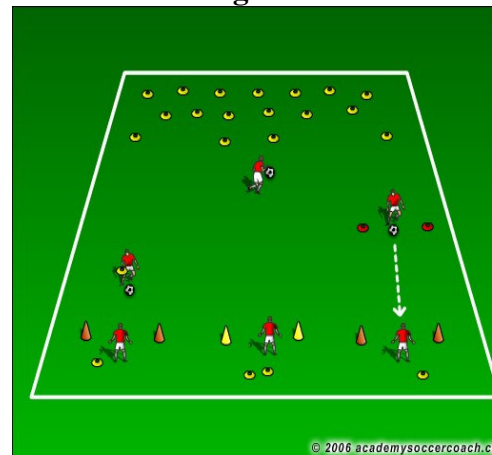
Dribbling:

- Close control,
- Eyes up,

Passing:

- Technique,
- Accuracy,
- Weight of pass.

Diagram



Progression: Players pass the ball from the red cones to the partner, and then partner goes.

Progression: Players pass the ball from the red cones to the partner, and then partner goes.

Sleeping Giant

Coaching Points

Dribbling:

- Close control,
- Eyes up,
- Look for space.

Diagram



- #### Organisation
- Players are put into teams, with each team having a ball.
 - Players take it in turns to dribble the ball to the other end of the grid and collect a piece of gold (cone) from the castle. The Giant lies inside the castle sleeping.
 - The players must be quite, making sure they don't wake up the giant. If the Giant wakes up the players must freeze, if the Giant saw one of the players moving they must go back to the start line and the giant gets his gold (cone) back.
 - Players take it in turns to collect a cone until they have all been collected.

Progression: When players freeze they must have the ball under control (their foot must be on top of the ball) otherwise they have to go back to the start line.

Pirates of the Caribbean

Coaching Points

Dribbling:

- Close control,
- Eyes up,
- Look for space.

Diagram



- #### Organisation
- Every player has a ball, which they dribble around the grid (pirate ship) and all the children work on a ship.
 - The coach is Captain Jack Sparrow who shouts out commands to his shipmates.

Coach: *'Captain on deck'*.

- Players stop the ball, salute the captain and say *'eye eye captain'*.

Coach: *'Clean the ship'*.

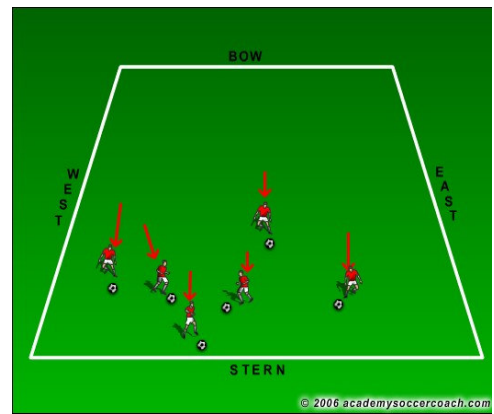
- Players do side-taps.

Coach: *'Climb the rigging'*.

- Players do 10 toe-taps and then look out for pirates.

- **Progression:** Name each

side of the ship. Call out a command (i.e. Stern) and the children must run towards the appropriate side of the ship.



Organisation

- Players dribble the ball around grid in their cars.
- The coach is Mr. Traffic light who shouts out colours/commands.
 - Green – go / start dribbling.
 - Red – Stop.

Progression:

- Green – dribble fast.
- Yellow – dribble slowly.
- Red – Stop.
- Gas Station – they pump gas by doing 5 toe-taps.
- Coach becomes 'Mr. Crazy Truck Driver' who runs around the grid trying to kick the balls out of the grid.

Traffic Lights

Coaching Points

Dribbling:

- Close control,
- Eyes up,
- Look for space.

Diagram



Cowboys/Cowgirl & Indians

Organisation

- Players are 'Cowboys / Cowgirls' who start at one end of the grid.
- The 'Indians' stand on the side of the grid with the balls.
- Cowboys attempt to run from one end of the grid to the other without being hit with the ball.
- Indians pass the balls trying to hit a cowboy/cowgirl on the foot or lower leg (below knee). If cowboy/cowgirl is hit they come an Indian.
- **Coach:** *Indians are you ready?*
- **Indians:** Make an Indian noise/chant.
- **Coach:** *Cowboys/Cowgirls are you ready?*
- **Cowboys/Cowgirls:** *Ye-ha, Slap my thigh, get on my horse and eat some pie!*

Coaching Points

Passing:

- Technique,
- Accuracy,
- Weight of pass.

Diagram



Body Parts

Coaching Points

Dribbling:

- Close control,
- Eyes up,
- Look for space.

Organisation

- Players dribble the ball around the grid and when the coach shouts out a part of the body, the players must stop the ball with that body part.

Diagram



10 Steps of Heaven

Organisation

Players all have a ball and dribble around inside the grid. The coach shouts out a number and the players perform the appropriate task relevant to the number.

- *Number 1* is on the run – player start to dribble around the grid.
- *Number 2* is on the shoe – players stop ball with foot.
- *Number 3* is on the knee – players stop the ball with their knee.
- *Number 4* is on the floor – players sit on their ball.
- *Number 5* is staying alive – dance like John Travolta!!!
- *Number 6* is do a trick – players show you a trick / skill.
- *Number 7* is up in heaven – player pick the ball up, kiss it (the world cup) and wave it above their head.
- *Number 8* is find a mate – players swap balls.
- *Number 9* is the grids all mine – king of the ring.
- *Number 10* is do it again – repeat steps.

Coaching Points

Diagram



Dribbling:

- Close control,
- Eyes up,
- Look for space.

Tom & Jerry

Organisation

- One or two players are chosen to be Tom (cat) and all the other players are Jerry (Mouse).
- All the mice put a pinnie / bib in the back of their shorts to make a tail.
- The aim is for Tom to chase all the mice around the grid, trying to grab their tail.
- If Tom catches Jerry's tail, the player who was Tom puts the pinnie/bib in their shorts and becomes Jerry.
- The player who was Jerry then becomes Tom and aims to steal a different Jerry's tail, so on and so forth.

Coaching Points

Dribbling:

- Close control,
- Eyes up,
- Look for space.

Diagram



Progression: Players play first without a ball, and then each player has a ball.

Robin Hood

Coaching Points

Running with the ball:

- Technique,
- Eyes up,
- Look for space.

Dribbling:

- Close control,
- Eyes up,
- Look for space.

Diagram



Organisation

- Players are split into 4 teams, with each team being given their own corner of the grid.
- The game starts with all players in their designated corner.
- One at a time a player leaves the corner, collects a ball and brings it back.
- Players take it in turns to collect a ball until all the balls have been collected.

Progression: Once all the balls have been collected from the middle, all the players have 1 minute to steal balls from other teams area. Players can only collect one ball at a time and no guarding corner.

Clean Your Room

Coaching Points

Passing / striking the ball:

- Technique,
- Weight of pass,
- Accuracy.

Diagram



Organisation

- Players are split into two teams, team 'Stinky' and team 'Smelly'.
- Each team is situated in one half of the grid, (there bedroom).
- The balls represent dirty underwear and the aim is to kick the balls out of the team's bedroom into the other teams bedroom.
- After a set period of time the team with the least number of balls in there grids wins.

Soccer Bowling

Coaching Points

Passing / striking the ball:

- Players pass the ball from between the cones trying to knock down as many cones as possible.
 - Can be played in teams or as individuals.
- Technique,
 - Weight of pass,
 - Accuracy.

Diagram

