

DESCRIPTION

20x20 yard grid with a house (made of cones) at one end - all players will be animals and the coach or a parent is the wolf. Wolf will guard the house and will shout the following commands:

**Bunny** - the players take small, soft touches

**Cheetah** - players run faster and take bigger touches (while still keeping the ball close)

**Snake** - players weave around the area

**Squirrel** - players throw their ball in the air and try to catch it on their foot

**Wolf** - the coach now comes in to the game and tries to catch the animals - they must try to make it to the house safely before getting caught

GAME 1

We will use the same set-up as last game - this time the wolf (coach or parent) is asleep in the house - players start at the opposite end of the grid and shout "what time is it Mr Wolf" - you respond with your choice of time - players must move that many steps closer to the wolf (for example, 8 o'clock = players take eight touches towards the wolf). When the wolf feels like the players are close enough they will respond with "dinner time" meaning the wolf will now chase the players away from his house. Dribblers must make it back to the start before they get caught.

You can progress this by filling the house with food (cones/discs/pinnies) - players must try to sneak in and steal the wolf's food without waking him - again, the wolf will wake up and yell "dinner time", at which point the wolf chases away all the animals.

GAME 2

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

Scrimmage

COACHING POINTS

**FIRST COACHING POINT**

Take small touches on the ball to ensure the ball doesn't get out of control.

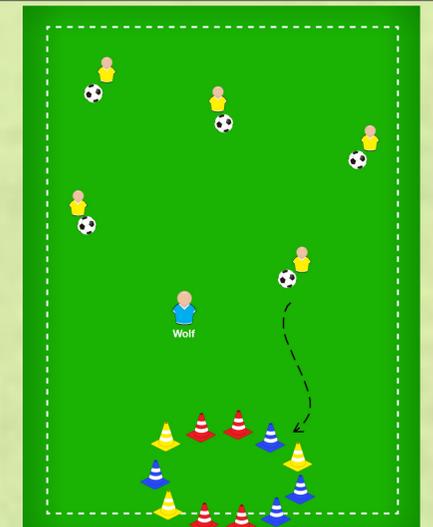
**SECOND COACHING POINT**

Dribble with your head up to avoid hitting any other player

**THIRD COACHING POINT**

Use both feet to dribble

DIAGRAM

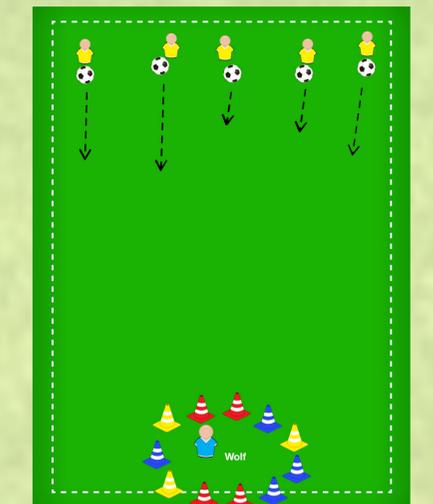


**FIRST COACHING POINT**

Players must try to take quick, soft touches to avoid waking the wolf

**SECOND COACHING POINT**

Use a U-turn or left/right turn when you're being chased



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 - highlight the positive application of your topic to show the players what you want them to do. Look out for

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

