

DESCRIPTION

**Blob tag - 20x20 yard grid. All players with a ball. The coach is the blob and will chase the players and try to kick their balls away. If a player has their ball kicked away they now become part of the blob. They will hold a pinnie with you and help you try to kick more balls away. As the blob grows the more difficult it is for them to move. A player will also join the blob if they dribble their ball outside of the area.**

Repeat the game but have a player start as the blob.

To really challenge your players you can give the blob a ball and ask them to dribble it around as a team and hit the other players with it.

GAME 1

COACHING POINTS

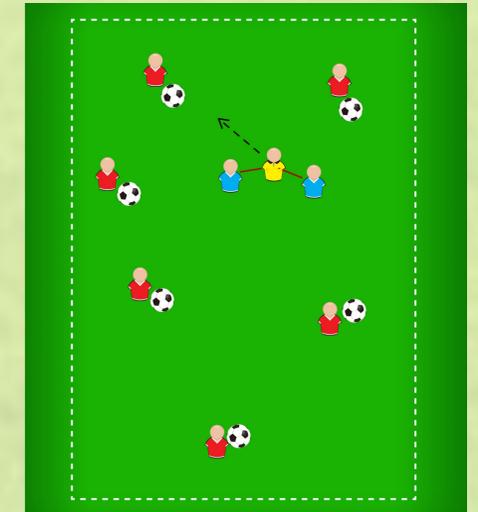
**FIRST COACHING POINT**

The players of the blob should talk to each other to identify targets

**SECOND COACHING POINT**

The blob should try to find targets towards the outside of the grid

DIAGRAM



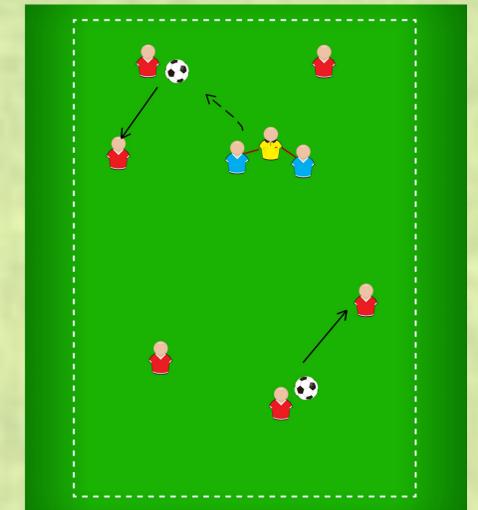
**Blob tag 2 - 20x20 yard grid - only about a third of the players will have a ball. The object is for the players to pass the ball to someone when approached by the blob - coach will choose two players to be in the blob with them. This time the blob will not grow. The objective is for the players sharing the balls to pass them and communicate to avoid the blob getting them.**

**FIRST COACHING POINT**

Players without a ball should shout to the players who do

**SECOND COACHING POINT**

A player with the ball should choose someone to kick the ball to and shout their name



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**

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 instead of passing
- 2) Players without the ball running towards the ball (they should run to space)



Scrimmage