

CATEGORIES

STAGES COVERED BY ACTIVITY

Stages 2 & 3- 6-11 year old players

THEMES & COMPETENCIES

Theme:

- + Dribbling and turns.
- + Passing and receiving.

Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Passing over a short distance.
- + Receiving the ball with the feet.

WHY USE IT

Teach players how to angle their run and receive a ball

SET UP

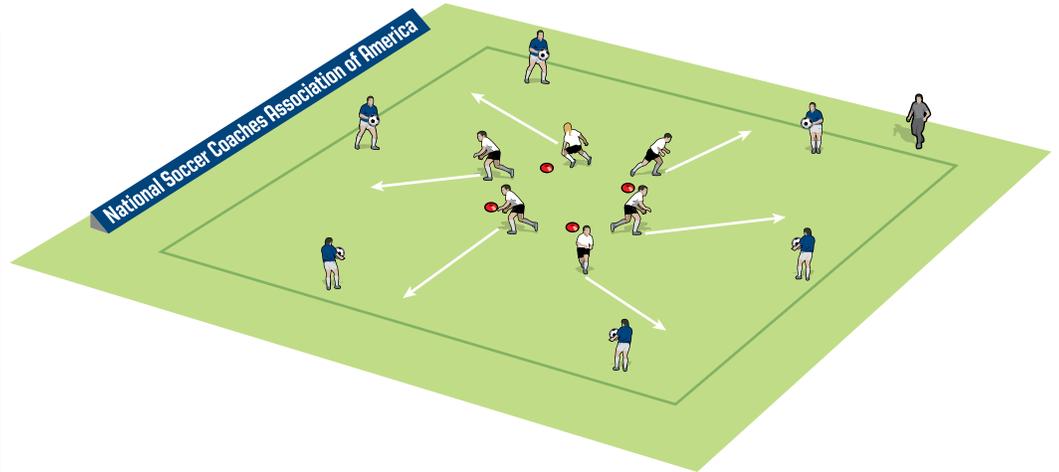
8x8 square in the center of a large circle of players. Players are split in half so that half start in the middle square and the others are around the circle with a ball.

HOW TO PLAY

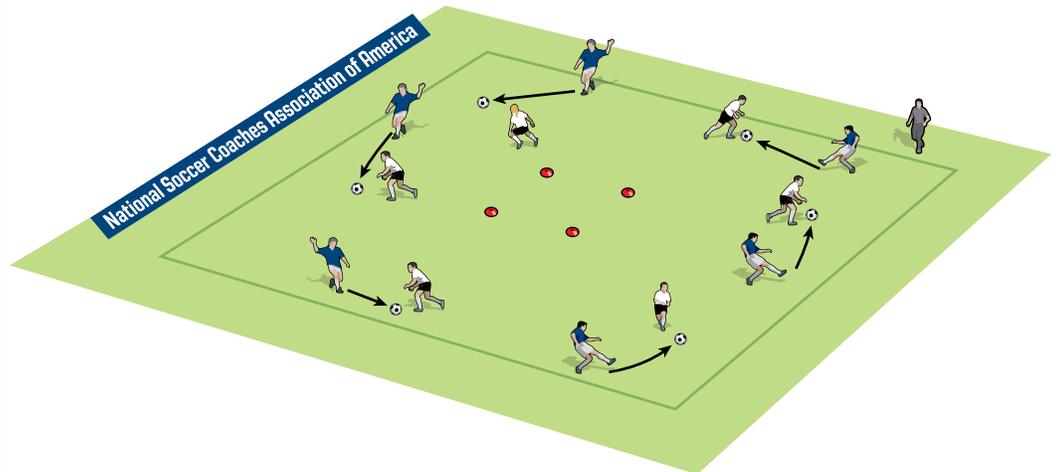
The coach calls out a category at the start of each round. Players who start in the center square must check to an outside player and call out a name from the category the coach has chosen. For example the coach may say "Fruits". The center players must then run to the outside player and say the name of a fruit before the outside player will pass them the ball. The center players will receive the ball and play it back to the outside person. Center players must then run back through the square before checking to another outside player.

COACHING NOTES

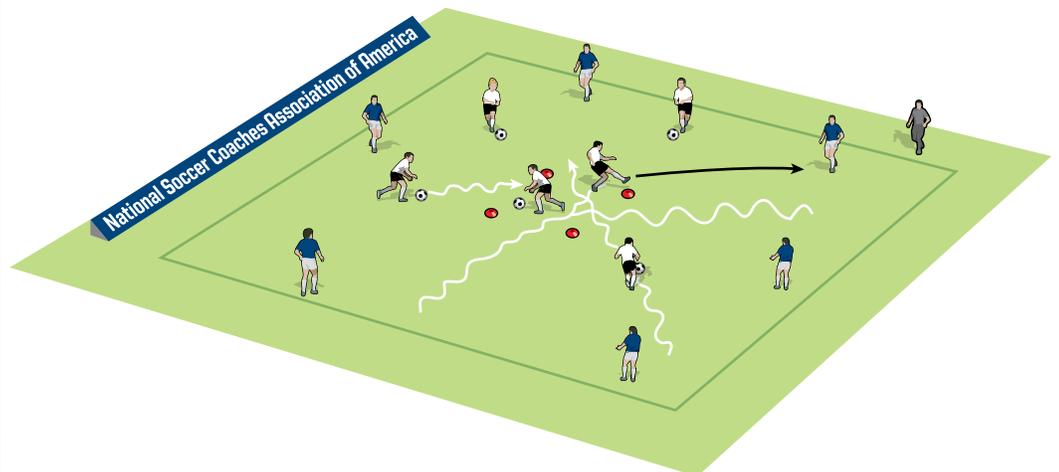
- + Main coaching objectives – players check at an angle to open their body to see the field.
- + Coaching tips – players need to cushion the ball when they receive it, but their first touch needs to be out from under them.
- + Adaptations – players can be split into thirds with one third in the middle and two thirds on the outsides



- + Outside players pass with their hands to checking players.
- + Receiver should look over their shoulder before receiving the ball



- + Center players check at an angle to receive the ball.
- + Coach can change the surface the receivers use to pass.



- + Players dribble through the center of the square.
- + Once through players pass the ball to an open player.

