

HOW TO FEED YOUR DRAGON

STAGES COVERED BY ACTIVITY

Stages 1 & 2 3-8 year old players

THEMES & COMPETENCIES

Theme:

- + Dribbling and turns.
- + Attacking as an individual.
- + Defending as an individual.

Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.

WHY USE IT

A simple game that incorporating agility with goal scoring with the inside of the foot.

SET UP

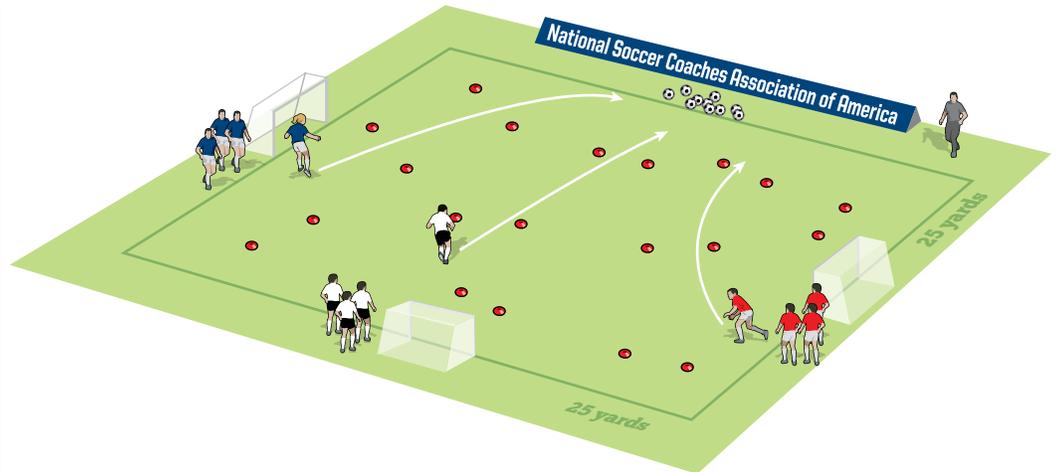
25x25yd area. 3 small goals are set up in the middle of 3 sidelines. Balls are placed in the middle of the 4th sideline - inside a semi circle created with cones. Make sure there is at least 1 ball per player. A minimum of 10 gates (varying distances apart) are spread throughout the grid.

HOW TO PLAY

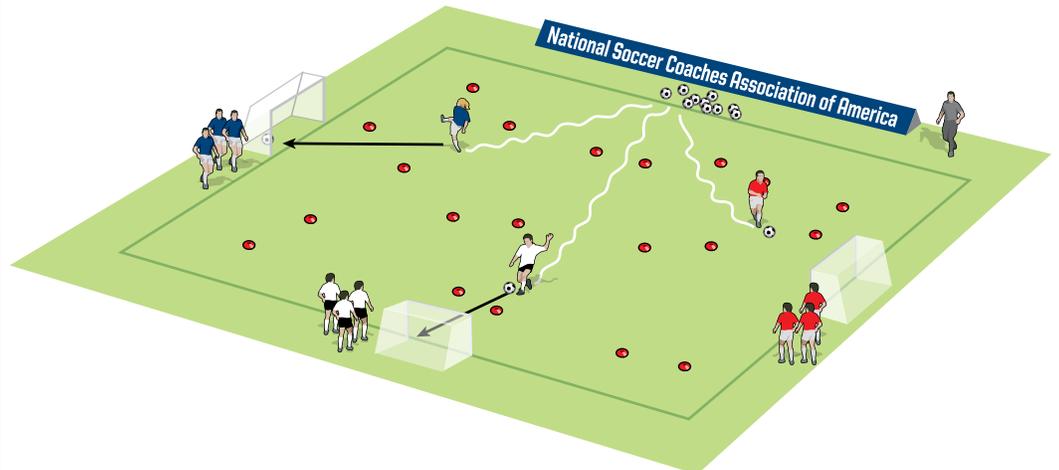
3 teams each stand next to a goal. The goal is the teams 'pet dragon' and the balls are food for the dragon. When the coach says "GO" the 1st person in each line moves through 3 sets of gates to 'power up'. After the players will then get a ball from the pile. The player is allowed to take 1 piece of food/ball and dribble it back near their goal before passing it into the dragon's mouth/goal. Once the first person has gone the next person in line will repeat the activity. Time teams and/or see which team feed the dragon the most.

COACHING NOTES

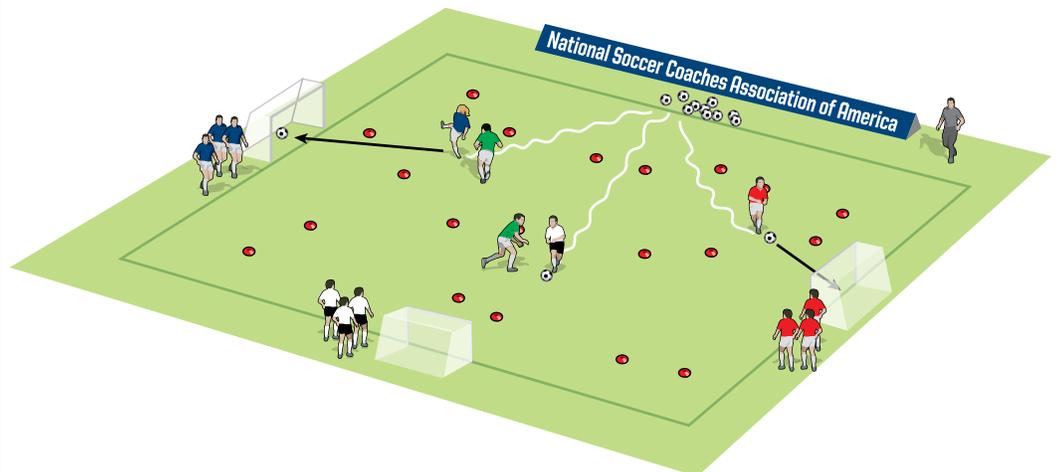
- + Main coaching objectives - warm players up with various movements; accuracy of finishing with inside of foot
- + Coaching tips - to get players finishing from farther away set up a shooting zone in front of the goal
- + Adaptations - players dribble back through 3 gates before shooting.



- + Coach assigns a different movement for each round of the game (jogging, skipping, carioca etc)
- + Players must move through three gates before getting a ball



- + Players must get the ball and then dribble back to their goal to shoot
- + Plant foot needs to point towards the goal when finishing



- + The coach can assign two players as bandits who act as passive defenders.
- + When finishing players must keep their head down and strike through the middle of the ball

