

ICE CREAM SCOOP CHALLENGE

STAGES COVERED BY ACTIVITY

Stages 2, 3 & 4- 6-14 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

This 1v1 game allows players to work on their defensive approach and stance. In addition this allows attacking players to practice moves to beat a defender.

SET UP

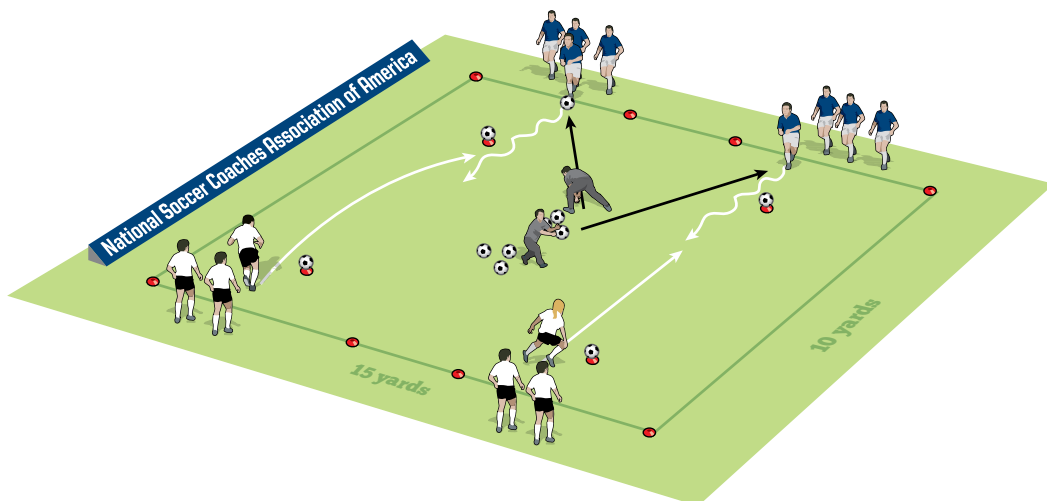
Create 2 - 10x15 - yard areas. Place a cone with a ball on top 2 yards off the end line of each grid. The coach will stand in the coaching channel between the two grids. Divide players into 4 groups with 2 groups starting on opposite end lines.

HOW TO PLAY

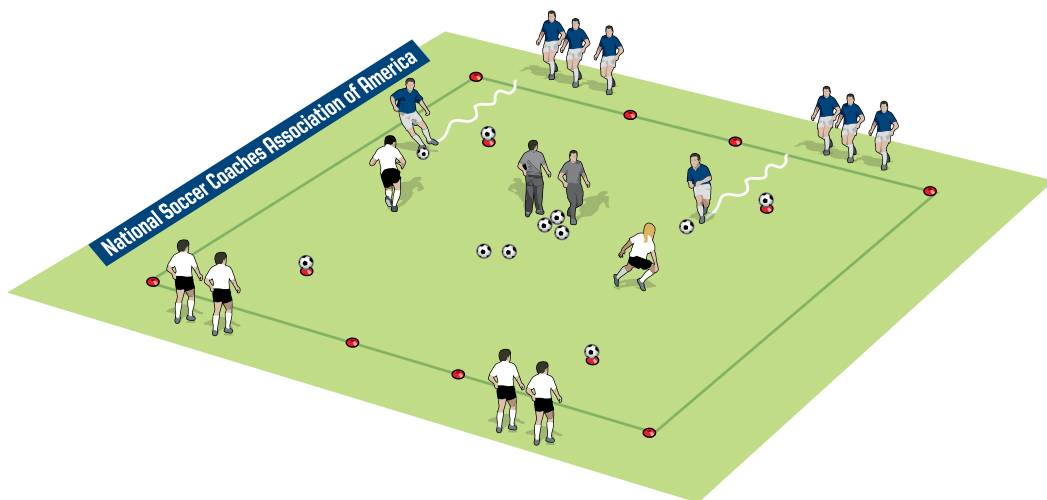
One side of the area starts attacking. The coach plays a ball into the attacking player. The attacking player attempts to beat the defender and pass the ball to knock the ice cream off the cone. If the defending player wins the ball they can try to knock the ice cream off the other cone.

COACHING NOTES

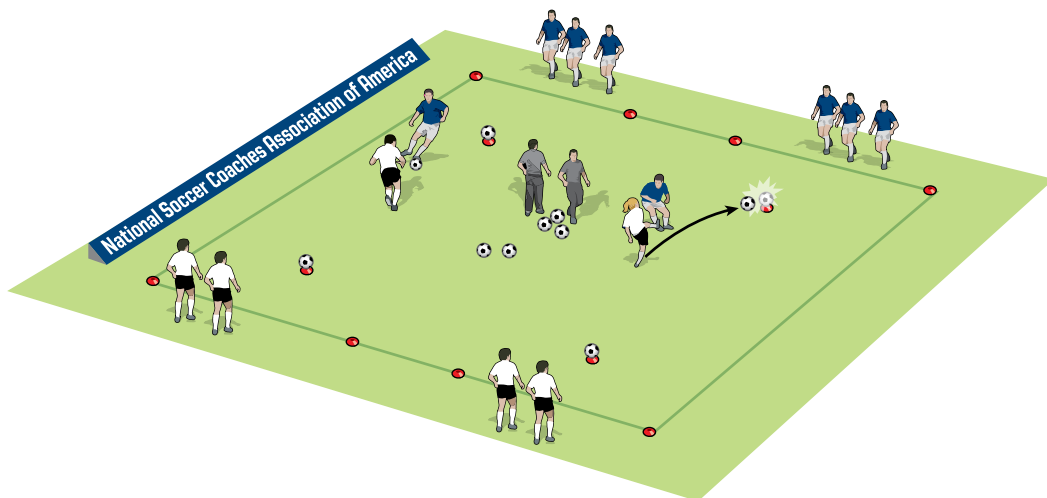
- + Main coaching objectives – can players recognize when to slow down and keep their body under control in order to keep the attacker in front of them.
- + Coaching tips – try to have lines be uneven so as to avoid players going against the same teammate.
- + Adaptations – this activity can build to 2v1 or 2v2.



- + Defender sprints to the attacker to apply pressure.
- + Defender slows down to take smaller steps as they get closer.



- + Players should keep feet moving.
- + Players should angle their body and attempt to keep the attacking player in front.



- + When the defender wins the ball, quickly transition to attack.

