

ICE MONSTER

STAGES COVERED BY ACTIVITY

Stages 2 - 6-8 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

This is a great game to introduce the idea of patience when defending and not diving in to win a ball.

SET UP

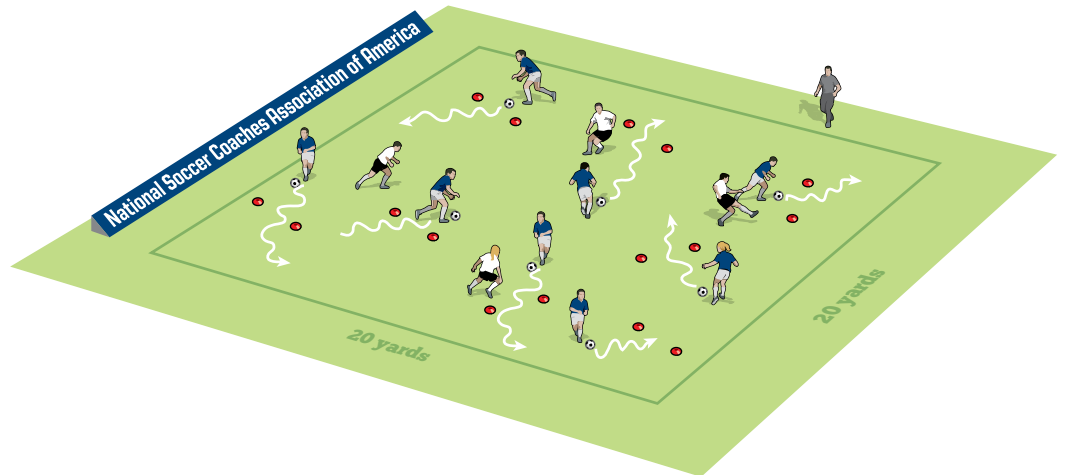
Create a 20x20 grid. 8 players each have a ball and are dribbling. 4 players (Ice Monsters), are each holding a colored vest. Eight gates of varying sizes are positioned in the grid.

HOW TO PLAY

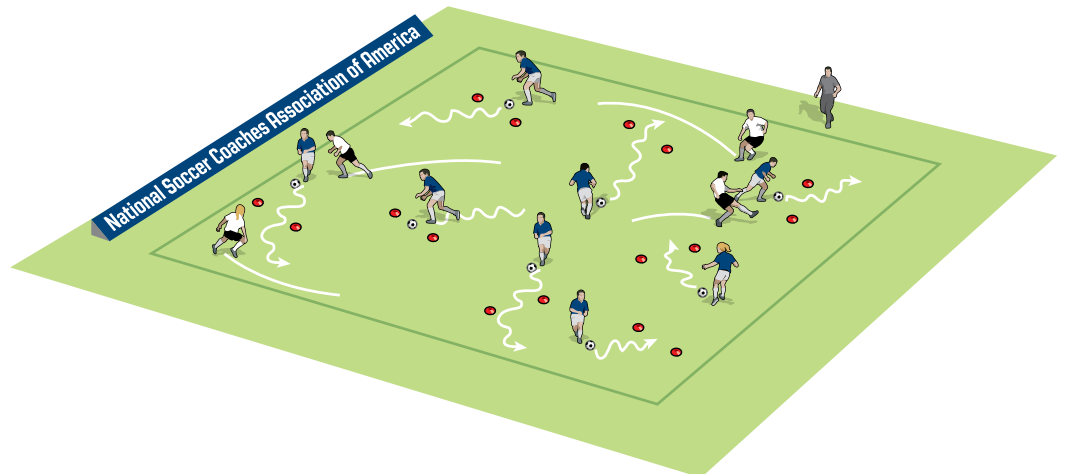
Players are on a frozen island. Players with a ball dribble around for 1-2 minutes to see how many gates (heaters) they can get through. The 4 Ice Monsters are trying to freeze players by tapping the ball of a dribbler with their foot. If a dribbler's ball is tapped by an Ice Monster they must freeze in place. Players are unfrozen when another dribbler comes up to them and does 4 toe touches on the ball to heat them up. Switch Ice Monsters every minute to two minutes.

COACHING NOTES

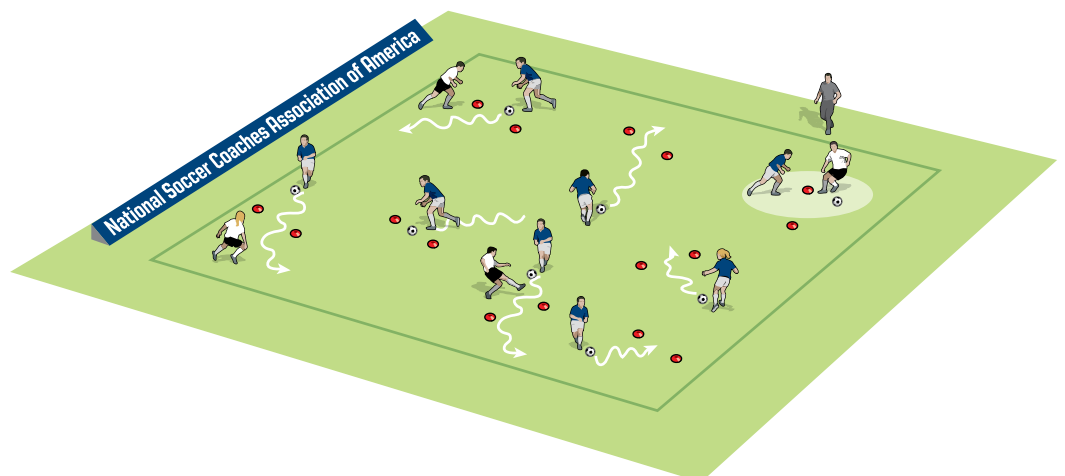
- + Main coaching objectives - defenders must maintain control of their body and not just kick the ball away
- + Coaching tips - adjust the gate size to challenge the players
- + Adaptations - Ice Monsters hold the vest and now try to win the ball back. If they are successful they drop the vest and the person who lost the ball becomes the Ice Monster



- + Ice Monsters must stay low and keep their feet moving in order to tap the ball away



- + Ice Monsters can work together to corner a player



- + Ice Monsters can win the ball and switch roles

