



Dribbling Game Sponge Bob needs help

Organization

Set up an area 20x20

Sponge Bob is in the corner needing food(jelly fish) so he has the energy to come out and play

All the players with the soccer ball are his friends Patrick and Squidward must dribble past the

evil Mr Crabs and Plankton. Get to the cones (jelly fish) and bring them back to Sponge Bob

All food must be back to him within 2 minutes or Sponge Bob cannot come out and play

If the evil Mr Crabs or Plankton touch Patrick or Squidward you must come back to the beginning and start again

Coaching Points

Use inside and outside of foot for creating space and unbalancing the evil Mr Crabs and Plankton

Change of pace- When you get Mr Crabs or Plankton unbalanced explode past with a change of speed

Keep nose in front of the ball to see where the food and mean Mr Crabs and Plankton are