

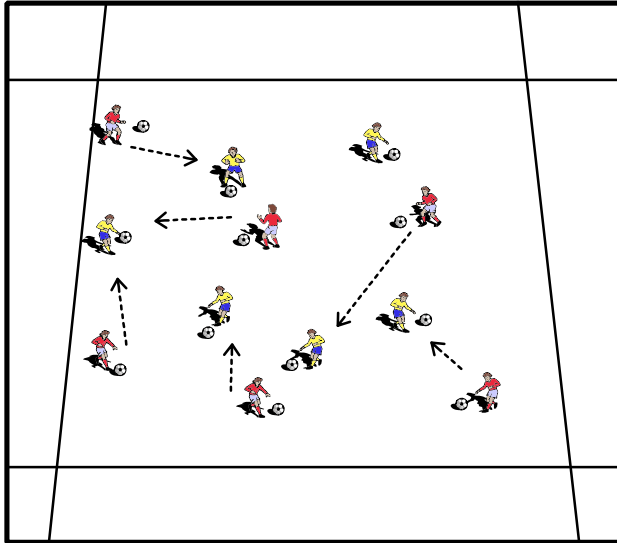
### ACTIVITY #1

**Set up:** Catch the Tail

10 x 10 metre working area

**Instructions:** Two teams of even or uneven numbers without balls to start. One team will have bibs tucked in the back of their shorts. On the signal, the team without bibs (Red as shown above) tries to steal the other players (Yellow) bibs. Progress by giving each player a ball. All Players dribble to maintain possession of their ball.

**Coaching Points:** Let them play!



### ACTIVITY #2

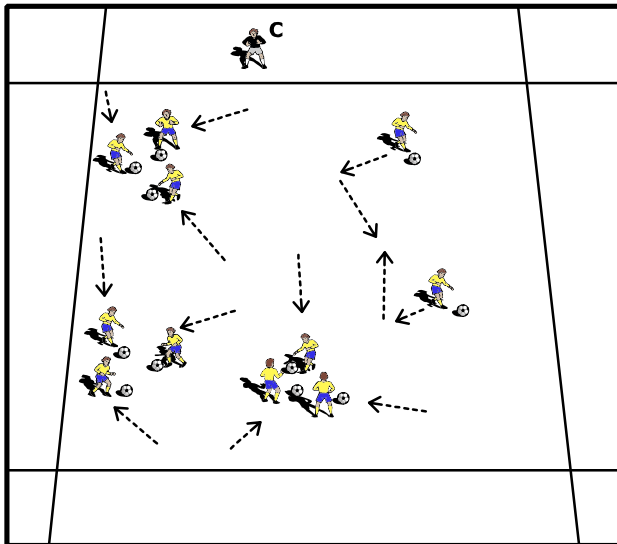
**Set up:** Dribble by Numbers

10 x 10 metre working area

**Instructions:** Players moving freely inside the working area without the ball. When the coach calls out a number the players quickly move into groups the size of the number called (E.g. groups of 3 as shown above). Players left out of any group must perform a silly trick to continue.

Progression: 1 ball per player with players dribbling freely in the working area keeping possession of their ball.

**Coaching Points:** Let them play!



### ACTIVITY #3

**Set up:** Knights Away

10 x 10 metres working area

**Instructions:** 4 player (Knights) each assigned a 'Castle' in a corner of the working area. 10 balls (jewels) in the middle of the area. On the signal "Knights Away", each player will run toward the jewels, pick 1 up, & bring it back to their castle. When all the jewels/balls are gone players can steal balls from the other players castles. Players only allowed 1 ball at a time & players cannot protect balls or tackle. Play for 1-2 minutes & then change players.

Progression: Rather than pick the ball up, players now try to dribble the ball back to their castle.

**Coaching Points:** Let them play!

