BEE KEEPERS

SETUP
1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. All players with a ball each and the same colour bib – these are the “Bees” and the ball is their honey. There are also 3 players in a different colour without a ball – these are “Bee Keepers”.
3. Have a goal in the centre of the area – this is the Honey Pot.

HOW TO PLAY
1. Bees dribble their ball (honey) around the area. The Bee Keepers try to steal the honey from the Bees and put it in the Honey Pot (kick it in the goal).
2. Once a Bee loses their honey, then they become a Bee Keeper.
3. At the end of 1 minute, the Bees with honey are the winners.

PROGRESSION
- Have an allotted time for the Bee Keepers to get the honey in the Honey Pot once they have stolen it
- Bees without honey are allowed to help other Bees
- Bee Keepers have a competition between each other to see how much honey they can steal

OUTCOMES
- Dribbling / Movement of ball
- Vision & Awareness
- Shielding / Use of Body
- Defending – Winning the Ball
ZOMBIE LAND

SETUP
1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. Have smaller 5x5m square in the middle – this is “Zombie land”.
3. Coach begins as a Zombie, without a ball inside “Zombie land”.
4. All other players (“Humans”) are outside of the area with a ball each.

HOW TO PLAY
1. The Humans must try to dribble through zombie land without getting tagged (bitten) by the Zombie. Zombies are only allowed to move slowly.
2. If they get bitten by the zombie then they become one inside the smaller square.
3. Every successful trip through Zombie land gets a Human 1 point. 5pts means that a human can turn a Zombie back into a Human.
4. The only person that must remain a Zombie is the Coach.

PROGRESSION
• Start game with more zombies inside Zombie Land
• Zombies are allowed to move quicker
• A Zombie is allowed to live outside Zombie Land

OUTCOMES
• Dribbling with close control
• Vision & Awareness
• Change of direction & speed
• Team Work

RECOMMENDED FOR 4 - 12 YEARS
GATE KEEPERS

SETUP
1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. Place gates around the area (Gates can be made with 2 cones). Ensure that you have more gates than gate keepers.
3. All players in Red have a ball each. 2 or 3 players in Blue are without a ball (Gate Keepers). Or the Coach can be the Gate Keeper.
4. Place 4 Goals around the outside of the area.

HOW TO PLAY
1. Reds dribble through the Gates and get a point each time they do.
2. Gate Keepers stop the reds from dribbling through the gates. Gate Keepers are only there to block the gate and are not allowed to tackle.
3. Play for a set time and see how many points each player wins.
4. Switch team roles.

PROGRESSION
- Increase / decrease the number of gates
- Increase / decrease the number of Gate Keepers
- Gate Keepers are allowed to win the ball. If they do, they are allowed to score in one of the goals, resulting in the attackers score reducing to zero

OUTCOMES
- Dribbling with low centre of gravity
- Change of pace & direction
- Awareness – keep head up to know which gates are free
1 v 1 MULTI GOALS

SETUP
1. Area of up to 25 x 25m. Modify area depending on the number and age of players.
2. Players are in pairs, in different coloured bibs.
3. One ball between each pair.
4. Place different coloured gates around the area.

HOW TO PLAY
1. Players all play in a 1v1 against each other.
2. The aim is to score goals through the Gates, with out the ball leaving the area. Goals can be scored from either side of the gate. Players are not allowed to score through the same gate twice in a row.
3. If defending player wins the ball then they try to score through the gates.
4. Play for a set time or play till someone gets a set amount of goals.

PROGRESSION
• Players can only score through certain colour gates
• If the ball goes out of play the opponent has a free shot
• Different colours of gates are worth different points

OUTCOMES
• Shooting Technique – Look at the Ball / Standing foot next to ball on contact etc
• Use of body to shield ball
• 1v1 fakes and turns
• Dribbling

RECOMMENDED FOR 7 - 12 YEARS
**HUNTING TIME**

**SETUP**
1. Area of up to 30 x 20m. Modify area depending on the number and age of players.
2. Two teams of equal numbers. Individual players are allocated a number on each team.
3. Each player has a ball.
4. Split pitch into two halves, marked by cones.

**HOW TO PLAY**
1. Players will be dribbling their ball until the coach calls out a number.
2. When a number gets called that player must leave their ball, go into the opposition area and try to get as many footballs off the opposition as possible. When they get one of the opposition balls they try to score in one of the goals.
3. Whoever scores the most goals in a minute wins a point for their team.
4. Players then go back into their own half and the game restarts

**PROGRESSION**
- Have two numbers called out at once so they work as a team
- First player to score wins an additional point for their team

**OUTCOMES**
- Dribbling – change of direction / speed
- Closing down players / winning possession
- Team work
- Defending in pairs
**MINEFIELD RELAY**

**SETUP**
1. Area of up to 25 x 25m is the Mine Field. Modify area depending on the number and age of players.
2. Split into teams of equal numbers. Try to ensure that teams are of no more than 4 players.
3. Cones place randomly in the middle of the area. These are the Mines.
4. Teams begin the activity in each corner of the Mine Field.

**HOW TO PLAY**
1. When coach says “Go”, the first player dribbles through the minefield, around the furthest cone and back to their corner.
2. Once they get back they tag their next player.
3. Next player repeats the dribble across the minefield.
4. First team to get all players through the minefield and back wins.
5. If a player or their ball hits a mine then they have to start again.
6. Teams then rotate around to the next starting position

**PROGRESSION**
- Dribble with Right / Left foot only
- Introduce more mines in the minefield
- Players have to cross the minefield twice to complete

**OUTCOMES**
- Dribbling with Close control
- Speed of dribble – when to go quicker and when to slow down
- Team work
STEAL

SETUP
1. Area of up to 20 x 25m. Modify area depending on the number and age of players.
2. Split into two equally sized teams with players given an individual number each.
3. Split the pitch into two halves.
4. Each team to have 1 ball.

HOW TO PLAY
1. Both teams begin by passing the ball to each other.
2. When coach calls a number, that player becomes the “Snatcher”, entering the opposition half. The Snatcher has 20 seconds to win the ball.
3. Teams awarded 1 point if their “Snatcher” touches the ball, 2pts if they pass it back to their own area and 3 points if they dribble it back.

PROGRESSION
• Limit number of touches for the passers
• Send two “Snatchers” in

OUTCOMES
• Defending – closing down opposition
• Passing accuracy, angle and weight
• Decision Making - pass to feet or space
• Movement after a pass has been played
**MAGIC MIRRORS**

**SETUP**
1. Area of up to 20 x 20m. Modify area depending on the number and age of players.
2. Players stand 5m away from their partner, facing them with a ball in between.
3. Goals are placed behind each player (these could be two cones).
4. Players are giving a number each for each team.

**HOW TO PLAY**
1. Players will be facing each other, with one player performing movements and their partner copying them. Movements can be hopping, start jumps, jogging on spot etc…
2. If the coach shouts out a number then players of that number have to get their ball, turn and score in their goal.
3. The first player to score gains 2 points for their team. Player who scores second earns 1 point for their team.

**PROGRESSION**
- Players score in opponents goal
- Reduce to one ball. Players compete for the ball and score in opponents goal

**OUTCOMES**
- Fundamental Movements
- Acceleration
- Quick Reactions
- Turning and Shooting

**RECOMMENDED FOR 7 - 12 YEARS**
RUNAWAY TRUCKS

SETUP
1. Area of up to 30 x 30m is the Road. Modify area depending on the number and age of players.
2. All players are “Cars” inside the area with a ball each. The ball is the cars “Engine”.

HOW TO PLAY
1. Players dribble the ball around the area, reacting to Coaches’ commands:
   • “Green Light” – Player begins to move
   • “Red Light” – Player stops
   • “1st Gear” – Player dribbles ball at slow pace
   • “2nd Gear” – Player dribbles ball at medium pace
   • “3rd Gear” – Player dribbles ball at fast pace
   • “U-Turn” – Player performs turn to face opposite way
   • “Somebody’s in the way!” – Players make beeping noise

PROGRESSION
• Introduce 2 blue players on the outside, without a ball, who become the “Runaway Trucks”
• During session, when the coach shouts “Runaway Trucks”, blue players enter the area and try to kick player’s balls out of the area (“engines off road”)
• Cars start with 10 points. If their ball is kicked out they lose a point, retrieve it & join back in the session

OUTCOMES
• Dribbling and changing direction with close control
• Acceleration and Deceleration with ball
• Using body to protect ball whilst under pressure
**RIVER RIDE**

**SETUP**
1. Area of up to 10 x 20m is the River (4 cones placed 5m apart on each side). Modify area depending on the number and age of players.
2. All players have a ball (boat) each and line up at one end of the river.

**HOW TO PLAY**
1. Players are to move their ball (boat) to the other end of the river, turn and travel down the outside on the riverbank.
2. Once the first player gets to the first set of cones then the next player moves down the river.
3. Coach indicates whether the river is flowing quick or slow. If quick players travel down more quickly with few touches. If slow they travel down slowly with lots of touches of the ball.

**PROGRESSION**
- Two lines of players flow diagonally from side to side down the river.
- Three lines of players.
  - Two lines of players flow diagonally, one flows straight.

**OUTCOMES**
- Dribbling with different parts of both feet (close control)
- Practicing turning in multiple directions
- Keeping head up for awareness of space and other players whilst turning

**RECOMMENDED FOR 4 - 12 YEARS**
BALL THIEF  (FOOTBALL COORDINATION)

SETUP
1. Set up two 10m x 20m areas. Modify the size depending on the number of players
2. Divide the players into 2 groups and put one group inside each area. The coach stands between the two areas
3. All players have a ball each

HOW TO PLAY
1. Players dribble the ball around their area, and when they think the time is right they attempt to cross to the other box
2. While between the two areas, they need to perform a fake to beat you before reaching the other area
3. You need to challenge the players and if they lose control of the ball, knock it away from them
4. If they do not make it across, the player returns to the initial area

PROGRESSION
BASIC: Specify the part of the foot used to control the ball, or specify the type of fake used
INTERMEDIATE: Add another player to defend between the two areas

OUTCOMES
• Close ball control while dribbling with different parts of the foot
• Ability to use different fakes and turns
• Ability to change speed with the ball
BEAT THE KEEPERS  (FOOTBALL COORDINATION)

SETUP
1. Create an area up to 30m x 20m. Modify the width depending on the number of players.
2. Divide the area up into three zones of equal size.
3. Divide the players into 3 even groups and, if possible, place equal numbers in each zone. There must be equal numbers in each end zone.
4. Players in the end zones have a ball each.

HOW TO PLAY
1. Players in the outside zone try to shoot the ball along the ground through the ‘goalkeeper’ zone to the other end zone.
2. If a player in the ‘goalkeeper’ zone manages to intercept the shot, they then swap places with the player who shot the ball.
3. ‘Goalkeepers’ cannot use their hands, they must stop the ball with their feet only.
4. Play for 2 mins. And then swap the goalkeepers if necessary.

PROGRESSION
BASIC: The ‘goalkeepers’ are allowed to use their hands to stop the ball.

OUTCOMES
- Develops passing and receiving techniques
- Passing over short distances
- Basic awareness of other players
BOX TO BOX  (FOOTBALL COORDINATION)

SETUP
1. Set up two 10m x 15m areas. Modify the size depending on the number of players
2. Every player has a ball and starts inside the same area

HOW TO PLAY
1. Players dribble the ball around their area, using different parts of their foot as you call them out
2. You should also encourage players to use their imagination to perform different fakes, hooks and turns
3. When you call 'charge' all players reach the other area as quickly as possible using only the part of the foot they were last using

PROGRESSION
INTERMEDIATE: Players start in different areas and therefore have to avoid each other as the coach calls 'charge'
ADVANCED: Players have to juggle the ball when moving from one area to another

OUTCOMES
• Close ball control while dribbling with different parts of the foot
• Ability to use different fakes and turns
• Ability to change speed with the ball
• Juggling the ball
**CONNECT IT**  *(FOOTBALL COORDINATION)*

**SETUP**
1. Create an area as large as possible (30m x 20m)
2. All players start inside the area with a ball each

**HOW TO PLAY**
1. All players spread out in a defined space
2. Players dribble a ball around the area. On your call, the players stop and listen to you calling out two body parts, which each child has to join together, while still controlling the ball
3. Examples include nose to knee, knee to foot, foot to head

**PROGRESSION**
BASIC:  
- Ask the players to connect one body part to the ball
- Change the way the players move with the ball, eg. hopping or skipping

**OUTCOMES**
- Agility while changing direction at speed
- Coordinated speed
- Close ball control
## DOCTOR DOCTOR  (FOOTBALL COORDINATION)

### SETUP
1. Create an area up to 30m x 20m
2. In two corners use 3 cones to make a ‘surgery’ 2m x 2m
3. Split the players into 2 teams and allocate 1 ‘doctor’ per team
4. All players have a ball except the ‘doctor’

### HOW TO PLAY
1. The game starts with all players dribbling inside the area. They try to kick away opposition balls while keeping their own
2. If a players ball is knocked out they must take it to their ‘surgery’ and wait
3. The ‘doctor’ can release players from the ‘surgery’ by tagging them. While inside the ‘surgery’ the ‘doctor’ is safe, but they can only go there to release a player
4. The game can be won by a team if they can pass the ball at the opposition ‘doctor’ and hit them below the knees

### PROGRESSION/CONSIDERATIONS
- **BASIC:** Change the part of the foot used to dribble
- **INTERMEDIATE:** Players can only pass the ball at the ‘doctor’ with their non-dominant foot

### OUTCOMES
- Protecting the ball while dribbling
- Passing accuracy over different distances
**DRIBBLING SQUARE**  (FOOTBALL COORDINATION)

**SETUP**
1. Create a 25m x 25m area with cones randomly placed in the centre of the square
2. Half the players start in the middle with a ball each, the other half spread out around the edge of the square
3. Place spare balls around the outside to keep the activity flowing

**HOW TO PLAY**
1. Players dribble their ball at pace to the middle of the square, through the cones and then dribble back to an outside player. The outside player then takes the ball and does the same
2. On the next turn, players dribble their ball at pace to the middle of the square and must perform a fake move before dribbling the ball back to an outside player.
3. Players dribble their ball at pace to the middle of the square and must perform a turn before dribbling the ball back to an outside player

**PROGRESSION**
- **BASIC:** Use a different part of the foot, or different feet to dribble
- **INTERMEDIATE:** Add increasingly difficult dribbling movements and turns
- **ADVANCED:** Add players to the inside of the square to play as defenders

**OUTCOMES**
- Dribbling and changing direction with close ball control, with both feet
- Keeping head up for awareness of other players
- Turning with different technique
**FIGHT THE FLIGHT**  
(FOOTBALL COORDINATION)

**SETUP**
1. Create an area up to 30m x 30m. Modify the size depending on the number of players.
2. Divide players into pairs with one ball between them.
3. Partnered players should stand about 4-5m apart.

**HOW TO PLAY**
1. The server serves their partner the ball in the air. The receiving player receives the ball as prescribed by you.
   - Players could try receiving in the following ways:
     - With thigh and catch
     - With thigh, thigh then catch
     - With thigh, thigh, foot then catch
     - With thigh, thigh, foot, foot then catch
     - With foot then catch
     - With foot, foot then catch
     - With foot, foot, thigh then catch
     - With foot, foot, thigh, thigh then catch

**PROGRESSION**
- INTERMEDIATE: Incorporate head as a receiving surface.
- ADVANCED: Players receive a ball from their partner and then find another to receive from.

**OUTCOMES**
- Close ball control with different parts of the body
- Keeping head up for awareness of other players
- Juggling
- Communication
- Stability and balance
**FIRST TO SCORE**  
*(FOOTBALL COORDINATION)*

**SETUP**
1. Set up a goal or two cones if a goal is not available. One player stands next to each goal post.
2. Using cones, mark out 2 squares that start 6m away from the goal.
3. Place 2 further cones 3m from the back of the 2 squares.
4. Line up 2 teams behind the start cones, with a ball each.

**HOW TO PLAY**
1. The aim is for players to race against each other to complete a skill successfully and then score.
2. On your signal, the first 2 players dribble to the square, pick up the ball if necessary, complete the skill and shoot.
3. The players beside the goal collect the ball, run to the starting cone, and are replaced by the shooter.
4. Players waiting in the line can practice the skill.

**PROGRESSION**
- Make the skill more challenging:
  - 2 joggles on the thigh and shoot
  - 1 juggle on each thigh
  - Juggling combining body parts
  - Heading the ball twice
  - Increase the number of joggles

**OUTCOMES**
- Controlling the ball with different body parts
- Shooting accuracy over different distances
FOOTBALL FEAST  (FOOTBALL COORDINATION)

SETUP
1. Create four 10m x 10m areas with 1 cone in the centre of the 4 areas
2. Set up four slalom courses between each area
3. Divide the players into 4 even groups, with a ball each. Each group starts inside a square
4. The coach will need to hold 3 different coloured cones

HOW TO PLAY
1. All players start with a ball each dribbling, turning and faking inside their square. You specify the part of the foot they should use, or the types of turns
2. When you hold up a yellow cone, the players move clockwise one square and continue doing the same thing.
3. When you hold up an orange cone, the players use only one ball and juggle between the group. If this is too difficult, allow a bounce between juggles
4. When you hold up a blue cone, players dribble in & out of the slalom course to their right using different parts of the foot

PROGRESSION
INTERMEDIATE: Add increasingly difficult dribbling movements and turns
ADVANCED: Challenge the players to use different combinations when juggling, or limited touches when juggling

OUTCOMES
• Dribbling and changing direction with close ball control, with both feet
• Keeping head up for awareness of other players
• Turning with different techniques
• Juggling
GHOSTBUSTERS  (FOOTBALL COORDINATION)

SETUP
1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. Players (ghostbusters) start inside the square with a ball each
3. The coach (ghost) starts in the middle of the area

HOW TO PLAY
1. The players dribble their ball inside the square while you call for them to use different parts of the foot, or dribbling combinations
2. On calling ‘ghostbusters’ you run around the area
3. The players ‘shoot’ the ‘ghost’ by hitting you below the knees with their ball 3 times in 20 sec.
4. The players continue dribbling after the 20 sec. is completed

PROGRESSION
BASIC: Change the part of the foot used to dribble
INTERMEDIATE: Players can only ‘shoot’ with their non-dominant foot

OUTCOMES
- Dribbling and changing direction with the head up
- Passing accuracy over different distances
JAIL BREAK  (FOOTBALL TECHNIQUE)

SETUP
1. Create an area up to 20m x 20m. Modify the size depending on the number of players.
2. Choose one player to start in the middle as the ‘police officer’.
3. As soon as players understand the game, give every player a ball, except for the ‘police officer’.

HOW TO PLAY
1. The player in the middle starts as the ‘police officer’.
2. On your signal the remaining ‘robbers’ run past the ‘police officer’ to the other end.
3. Any player tagged by the ‘police officer’ must ‘freeze’ and stay on that spot trying to tag the other ‘robbers’ as they pass.
4. The game ends when all ‘robbers’ are tagged. Start again with a new ‘police officer’.

PROGRESSION
BASIC: Start with more than one ‘police officer’.
INTERMEDIATE: All ‘robbers’ have a ball and the ‘police officer’ must tackle them or knock their ball out of the area.

OUTCOMES
- Dribbling and changing direction with close ball control.
- Keeping head up for awareness of space and other players while dribbling.
- Timing of the tackle.
JUNGLE TIME (FOOTBALL COORDINATION)

SETUP
1. Create an area up to 30m x 20m
2. In each corner use 3 cones to make a ‘jungle’ 4m x 4m
3. There are no teams and all players have a ball

HOW TO PLAY
1. The Game Leader calls out an animal and the players must move the ball in the style of the animal. E.g. An elephant may require slow movements dragging the ball with the sole of the foot. An Anteater may move the ball with the head while on hands and knees.

PROGRESSION
BASIC: Ask the players to make suggestions for new animals to use
INTERMEDIATE: The Game Leader becomes the ‘hunter’ and when they call ‘hunter’s here’ all the players dribble their ball to a corner, to hide in the ‘jungle’. The hunter will try to catch slow animals.

OUTCOMES
• Imagination and control while dribbling
• Exploration of different ways of controlling the ball
RACING CARS  (FOOTBALL COORDINATION)

SETUP
1. Using four cones create an area up to 30m x 20m Modify the size depending on the number of players
2. Set up other cones every 5m along the area
3. Set up other cones randomly inside the area
4. Each player (racing car) has a ball

HOW TO PLAY
1. The players dribble their ball inside the square while you call different instructions:
   • RED LIGHT - stop the ball
   • GREEN LIGHT - dribble without crashing into other cars
   • YELLOW LIGHT - foot tapping on top of the ball
   • ROUNDABOUT - move in a tight circle with the ball
   • REVERSE - players dribble backward
   • FILL UP – dribble to the nearest cone (petrol station) and tap the ball between feet for 10 taps

PROGRESSION
BASIC: Use different parts of the foot
INTERMEDIATE: - Coach calls ‘off road’ and players dribble around an outside cone and back as quickly as possible
                - Coach calls 1st, 2nd, 3rd gear etc. to encourage speed changes

OUTCOMES
• Dribbling and changing direction with the head up
• Dribbling with different parts of the foot
### ROUND THE CORNER (FOOTBALL COORDINATION)

**SETUP**
1. Create two 10m x 10m areas. Place a cone in the centre of one of the areas.
2. Set up a tall 'finish' cone 3m to the side of the start cone
3. Divide the players into 2 even groups, with a ball each. Each group lines up on the start cone of an area

**HOW TO PLAY**
1. **PART ONE:** In single file, players dribble the ball around the square using a different foot, or part of the foot, on each different side of the square.
   When they reach the finish cone they perform a turn and repeat the square (3x)
2. **PART TWO:** Players dribble to a corner each and then dribble to the centre cone. At the centre cone they perform a turn and go back to their start cone, then move in a clockwise direction to the next cone. They then repeat the move to the centre cone.
   After each group has completed their square the groups swap.

**PROGRESSION**
- **INTERMEDIATE:** Add increasingly difficult dribbling movements and turns

**OUTCOMES**
- Dribbling and changing direction with close ball control, with both feet
- Keeping head up for awareness of other players
- Stopping the ball and turning with different techniques
### SNAKE PIT SLALOM (FOOTBALL COORDINATION)

#### SETUP
1. Create an area up to 20m x 20m. Modify the size depending on the number of players.
2. Set up 3 slalom snake lines inside the area using small cones. Place a tall cone or different coloured cone at the end of each different slalom line.
3. Each player starts at the first slalom with a ball.

#### HOW TO PLAY

**Part 1**
1. The first player starts by dribbling the ball through the first slalom line. The next player waits 3 sec. before starting after the player in front of them.
2. While dribbling, the players should not let the ball touch any cones. At the end of each line they perform a turn before starting the next line.

**Part 2**
Players work in pairs with one working as a server. The server throws the ball to their partner and the receiving player must get the ball back into their partners hands using different parts of the body. Players serve between each cone on the slaloms and work no more than 5 yards apart.

#### PROGRESSION

**BASIC:** Change the part of the foot used to dribble.

**INTERMEDIATE:** Bring the cones closer together to make dribbling more challenging.

#### OUTCOMES
- Dribbling and changing direction with the head up.
- Receiving, controlling and passing the ball.
TRAFFIC COPS  (FOOTBALL TECHNIQUE)

SETUP
1. Using four cones create an area up to 30m x 20m Modify the size depending on the number of players
2. All players inside the area with a ball each

HOW TO PLAY
1. All players start on the end line (car parked in the garage). You (the traffic cop) stand in the centre, facing away from the players
2. On your ‘green light’ call the players begin dribbling forward. When you call ‘red light’ the players must stop
3. After the ‘red light’ call you turn to check if anyone is still moving. If they are, that player is sent back to the garage to start again
4. The winners are the first players to reach the other end (top of the street)

PROGRESSION
INTERMEDIATE:  The traffic cop chase. On ‘red light’ you turn and chase players back to the garage. Any player caught becomes another ‘traffic cop’

OUTCOMES
• Dribbling and changing direction with close ball control, with both feet
• Keeping head up for awareness
• Stooping the ball with different techniques
WHAT’S THE TIME MR. WOLF?  (FOOTBALL TECHNIQUE)

SETUP
1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. All players start at one end of the area with a ball each
3. You, the Game leader, start in the centre of the area as the ‘wolf’

HOW TO PLAY
1. The game starts with the ‘wolf’ with his / her back to the players. As soon as the wolf starts walking away the players shout “what’s the time Mr Wolf”, while dribbling their ball slowly forwards
2. The ‘wolf’ then turns around and replies “one o’clock” and in doing so the players must freeze. The wolf then turns and walks away again the players repeat the question
3. The ‘wolf’ will add one hour to his/her reply every time until the wolf decides to say “dinner time!” and turns to chase the players. Players then must perform a turn and dribble their ball back to the start as quickly as possible
4. Players should be encouraged to stop their ball on the start line in order to start again

PROGRESSION
BASIC:  A player becomes the ‘wolf’
INTERMEDIATE:  Add a second wolf

OUTCOMES
• Dribbling and changing direction with close ball control
• Keeping head up for awareness of space and other players while dribbling
• Players ability to use their body to protect the ball while under pressure