

# CROCODILE SWAMP

## STAGES COVERED BY ACTIVITY

Stages 1 & 2 - 3-8 year old players

## THEMES & COMPETENCIES

### Theme:

- + Dribbling
- + Ball mastery.
- + 1v1 Attacking and Defending

### Competencies:

- + Turns and feints- basic
- + Dribbling basics
- + Fundamental movement skills
- + Beating and escaping an opponent

## WHY USE IT

'Crocodile Swamp' incorporates dribbling skills, changing direction and ball mastery. A great warm-up and activation activity.

## SET UP

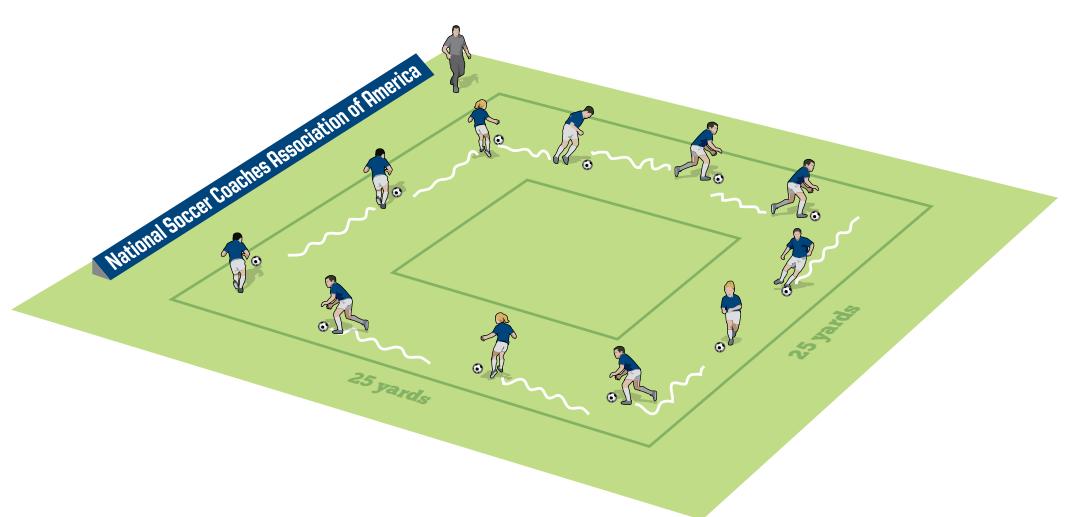
25x25 yard square and a smaller 10x10 yard square in the center. The smaller square is a 'no-go zone' and players should stay out until the coach instructs players to enter.

## HOW TO PLAY

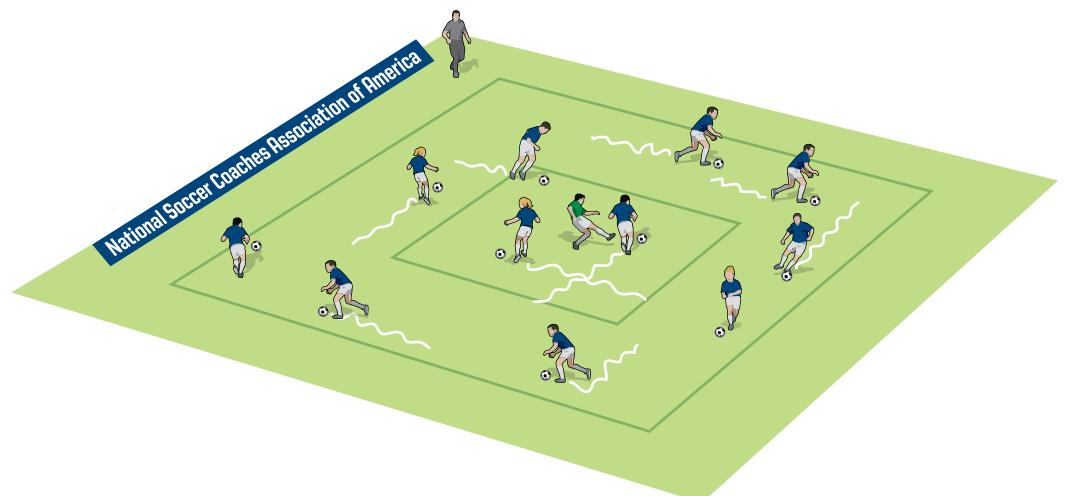
**Story:** Players are lost in a Floridian swamp full of crocodiles. As long as the players stay outside the swamp they are safe, but to score a point they must take a risk and cross the swamp and avoid a crocodile. To help the players become orientated and familiar with the activity, get the players dribbling in the large square. Introduce the direction of the dribble – left or right. Then, explain that the center square is the swamp – as the players dribble, the coach calls 'Cross the Swamp' and the players must travel with the ball directly across, one side to the other. Add different ways to change direction, moves to beat an opponent etc. Then add the 'Crocodile Coach' in the swamp and points for crossing the swamp without the Crocodile touching the ball. Play for up to ten minutes.

## COACHING NOTES

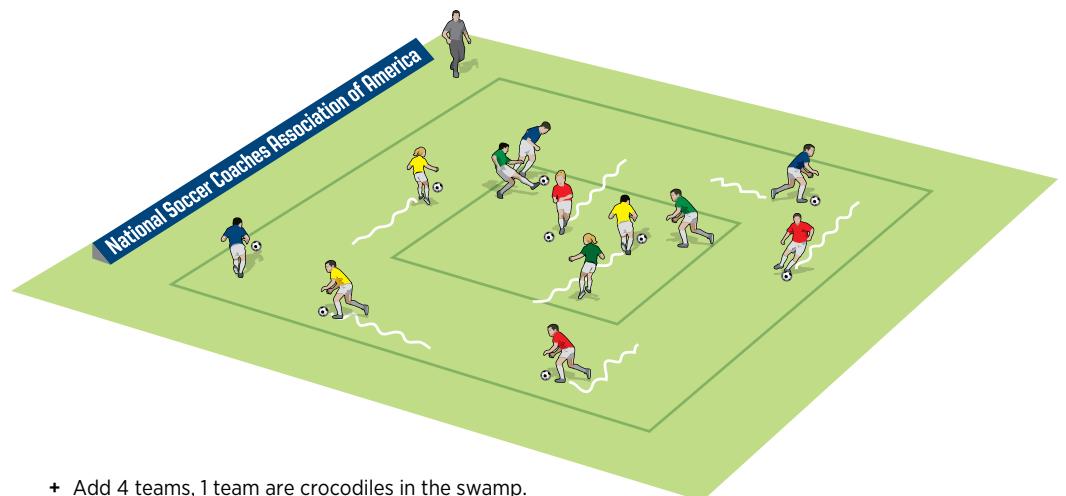
- + Coaching objectives – Repetition and reinforcement of dribbling and ball mastery skills are essential- introduce inside and outside of the foot cut moves.
- + Coaching tip – At an early age, teach players to perform cut moves using the correct foot and surface of the foot, so that the ball is furthest away from pressure.
- + Adaptations – Create a team game – split the players into 4 teams of 3 players and 1 team are the crocodiles and the other 3 teams try to cross the swamp.



- + Start with introducing the rules of the game.
- + Players dribble inside the big square following the coach's commands.



- + Introduce the 'Swamp' and add the Crocodile.
- + Players earn a point each time they cross the swamp.
- + The Crocodile has to touch a ball.



- + Add 4 teams, 1 team are crocodiles in the swamp.
- + The other 3 teams have to cross using 'special moves'.

