

FETCH

STAGES COVERED BY ACTIVITY

Stages 1 & 2 - 3-8 year old players

THEMES & COMPETENCIES

Theme:

- + Dribbling
- + Ball mastery.

Competencies:

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

WHY USE IT

This activity is a great introduction to dribbling and ball mastery. Players are constantly moving and touching the ball – a fantastic way to activate the players at the beginning of the session.

SET UP

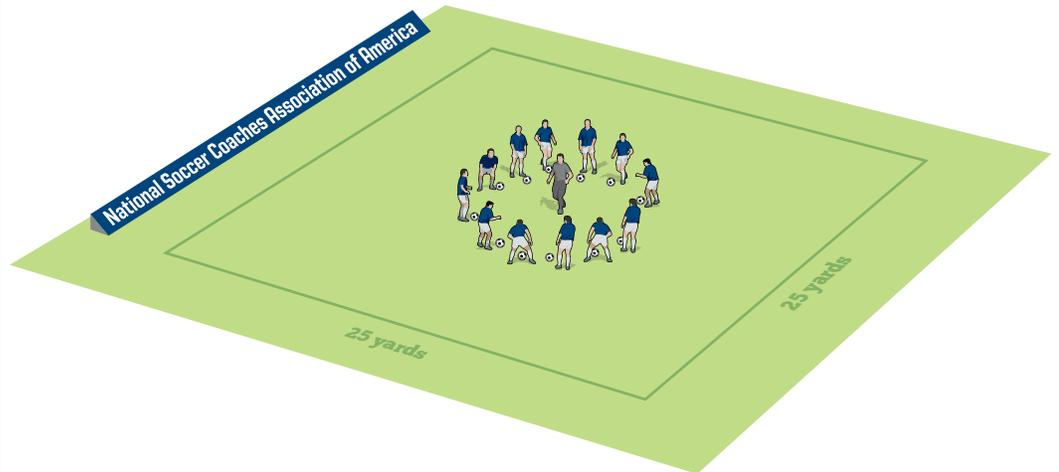
25 x 25 yard area with extra room to roam outside the square. Every player with a ball. 2-3 coaches/parent helpers.

HOW TO PLAY

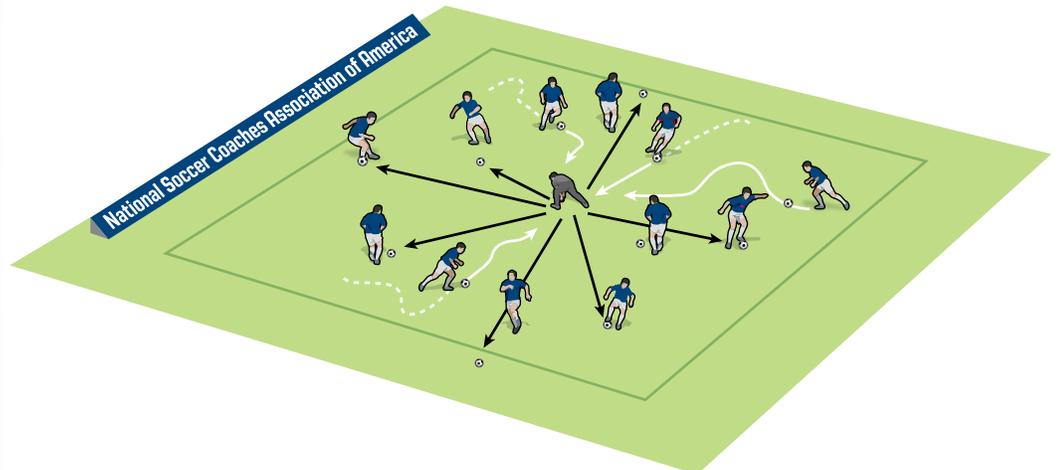
The coach kneels down in the center of the area with the players around with their foot on the ball. The activity begins with the coach rolling a players ball out into the area – some long and some short. The player chases their ball and then dribbles the ball back to the coach. Involve a 2nd/3rd helper to ensure players are constantly moving. Repeat several times. Add challenges, such as, the player must dribble to a different coach/helper each time, the player has to catch the ball before it stops moving for a point, perform 5 toe taps before returning, left foot only, outside/heel only etc.

COACHING NOTES

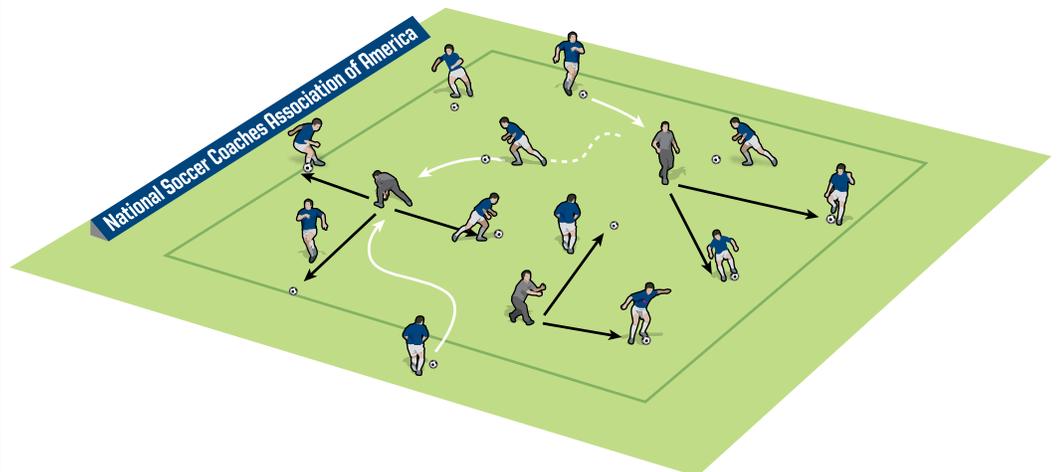
- + Coaching objectives – the coach can add many different skills and objectives. Talk about the 10 surfaces of the feet – inside, outside, laces, heel and sole on each foot and perform moves with each.
- + Coaching tip – If coaching mixed ability groups, experiment ways to differentiate the activity to challenge all players.
- + Adaptations – alternate the serve height and direction and transition into another activity such as body part dribble or a tag game.



- + Players gather around the coach with a ball each.
- + Coach demonstrates some moves.



- + Coach rolls the balls randomly short and long.
- + Players chases attempting to reach the ball before stopping.



- + Additional coaches/parents join in.
- + Player alternate between servers.
- + Servers move to add an additional challenge.

