

STAGES COVERED BY ACTIVITY

Stages 1 & 2 - 3-8 year old players

THEMES & COMPETENCIES

Theme:

- + 1v1 attacking and defending
- + Dribbling
- + Ball mastery.

Competencies:

- + Turns and feints- basic
- + Dribbling basics
- + Fundamental movement skills
- + Beating and escaping an opponent
- + Attacking as an individual
- + Confidence and concentration
- + Defending as an individual.

WHY USE IT

In this fun and fast paced activity, the Egyptians (players) must avoid the Serpent Snake to build their pyramids. The dribbling activity also emphasizes take-on moves to beat a defender and is an opportunity for a coach to teach dribbling to space.

SET UP

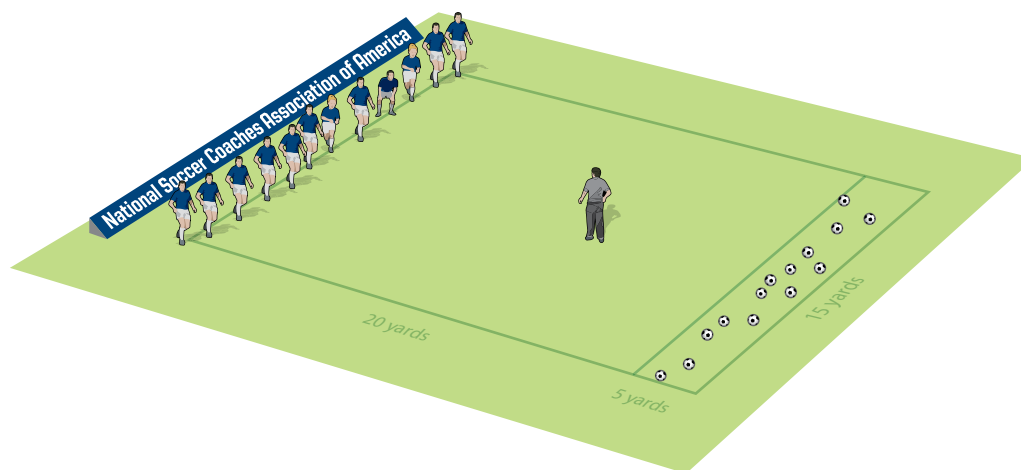
15x20 yard area with an additional 5 yard end zone at one end. 14 balls of similar size are randomly placed in the end zone - each ball represents a 'pyramid stone'. All players start at the end of the area with a ball, facing the end zone. The 'Serpent Coach' stands in the middle of the area.

HOW TO PLAY

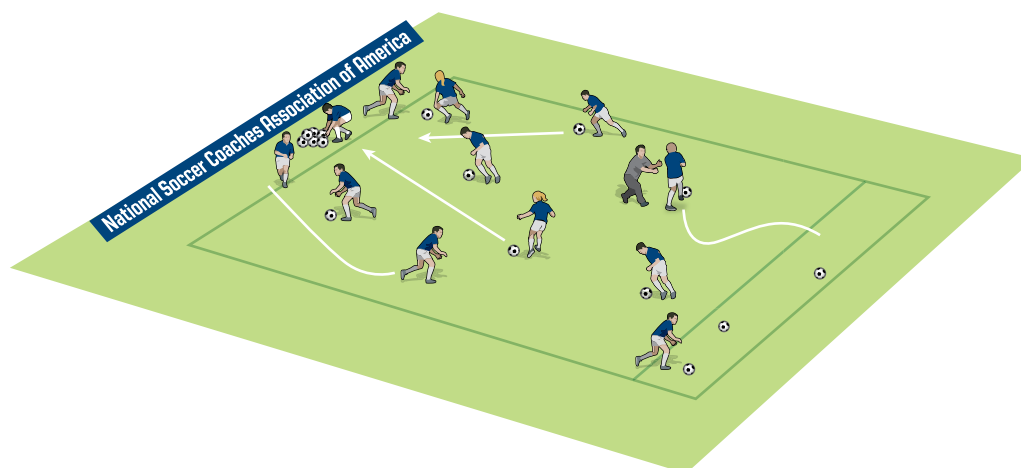
Story: The Egyptians are attempting to build a magnificent pyramid from stone situated at the end of the valley. The Egyptians must avoid the Serpent - at first without the ball - collect a stone and return back to the pyramid building site to build a 3 level and 14 ball pyramid (9 on the bottom, 4 on the next level and 1 on top). If the Serpent tags an Egyptian or touches a stone, the Egyptian becomes a Serpent. Egyptians win the game if they build a pyramid - they lose if the Serpent captures all the Egyptians before building the Serpent.

COACHING NOTES

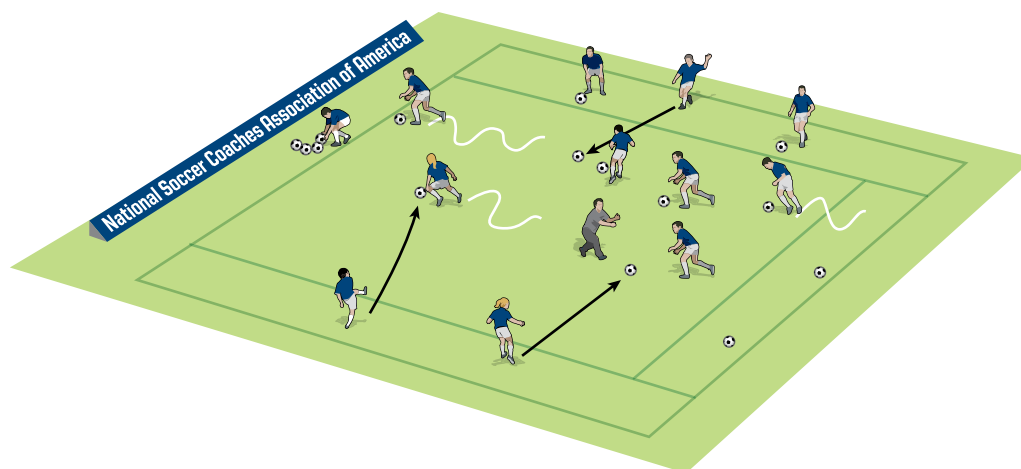
- + Coaching objectives - players dribbling with the laces and performing different take-on moves to beat the 'Serpent'.
- + Coaching tip - Discuss with players Big Space and Little Space.
- + Adaptations - Players dribble balls in both directions, captured players go to the sides and fire (pass) boulders to hit the Egyptians below the knee.



- + Egyptians start at opposite end of the valley to the stones.
- + Serpent in the middle.
- + Egyptians start without a ball.



- + Egyptians avoid Serpent's tag.
- + On the return trip, Egyptians dribble the ball.
- + Egyptians build a 3 tiered pyramid.



- + Make cones wider to create more width.
- + Captured Egyptians pass boulders from the sides.