

BRITISH BULL DOG

WHY USE IT

This is another activity creating a significant number of 1v1 attacking and defending opportunities. Attacking players can use a full repertoire of take-on moves and defenders can start to learn body position and movement when applying defensive pressure.

SET UP

30x20 yards area. 10-12 players stand at one end of the area with a ball and 1 player/coach starts in the center.

HOW TO PLAY

The cats (with a ball) must travel from one end of the alley to the other without getting caught by the Bull Dog. To begin, either the coach or a player start as the Bull Dog in the middle of the playing area. The other players (the cats), line up at one end. The Bull Dog starts the game by chanting "British Bull Dog" and the cats respond in unison, calling "British Bull Dog 1-2-3". The cats must try to make their way to the opposite end of the area, dribbling the ball, without their ball being touched by the bulldog. Any cat that has its ball touched by a Bull Dog or who dribbles outside the area becomes a Bull Dog. The remaining cats then line up at the other end of the area and repeat the game, trying to get past all of the bulldogs. The game continues until there is only one cat left. That player then gets to be bulldog for the next round.

COACHING NOTES

- + Coaching objectives – Emphasize ways to beat an opponent by accelerating and using take-on moves (moves/feints and cuts).
- + Coaching tips – With young players in particular, it is important to use stories and themes they can relate to. In this case, players are more likely to respond to 'Cats' and 'Bull Dogs' than a less interesting discussion of the rules.

HOW TO MODIFY THE ACTIVITY

- + Less challenging: If the Cats are finding it difficult to pass the Bull Dog, the coach can make the area wide and/or can make the Bull Dog dribble a ball whilst catching the Cats. The game can also commence without a ball to allow the players to become familiar with the rules.
- + More challenging: Change the way the cats move along the playing area – ask them to gallop, skip, walk or slide. Add more Bull Dogs to start the game and add 2-3 channels and allocate different point scores.

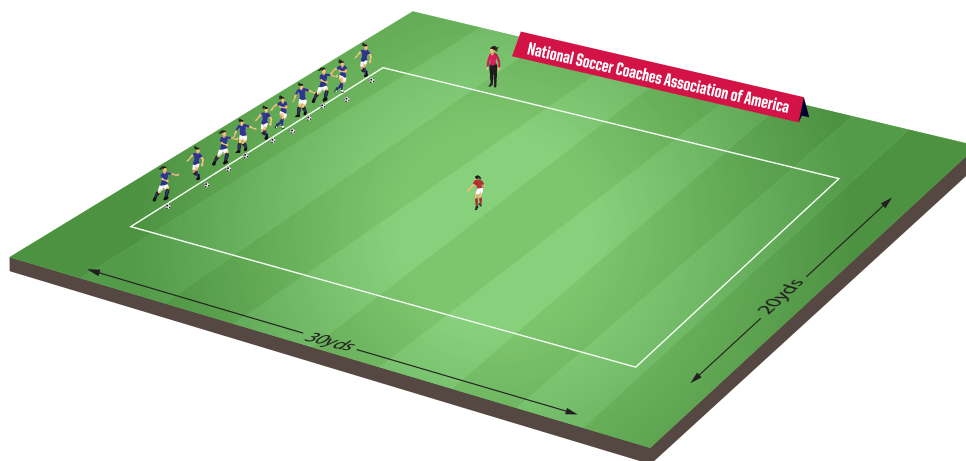
STAGES COVERED BY ACTIVITY

Stages 1 & 2 - 3-8 year old players

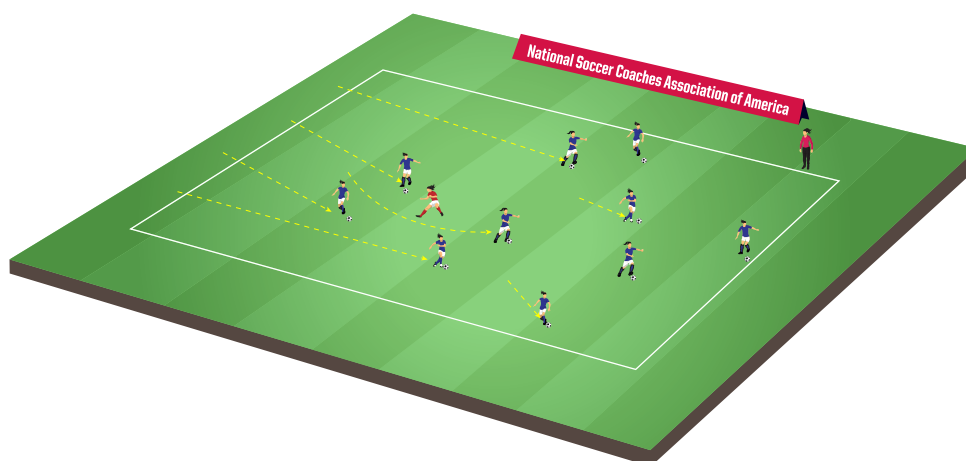
THEMES & COMPETENCIES

Top 3 themes: Dribbling, 1v1 Attacking and Ball Mastery.

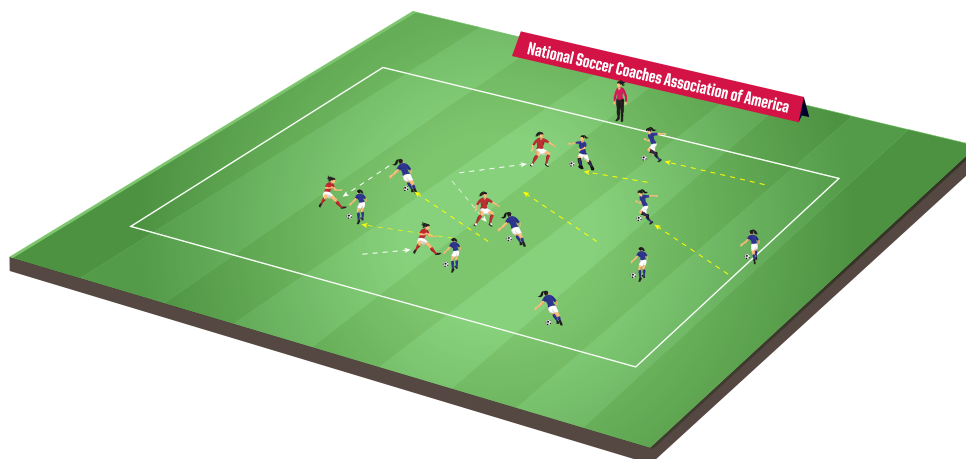
Top 3 competencies: Dribbling with the laces, take-on moves and defending pressure.



- + The game commences with all the Cats (in blue) standing at one end of the area with a ball each.
- + In the center of the area is the Bull Dog trying to prevent the Cats reaching the other end of the alley.
- + To start the game, the Bull Dog shouts "BRITISH BULL DOG" and the Cats reply "BRITISH BULL DOG 1-2-3".



- + All the Cats leave at the same time and attempt to go past the Bull Dog.
- + If the Bull Dog touches the Cat's ball or if the Cat dribbles outside of the area, the Cat becomes a Bull Dog.
- + Encourage players to 'raise their head' so they can recognize where the space is on the field.



- + In this illustration, there are several Bull Dogs in the center.
- + The Cats must be crafty, waiting for other Cats to engage the Bull Dog.
- + As soon as a space opens, the Cat should accelerate and dribble through to the other end of the alley.