

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.
- + Beating and escaping an opponent.

WHY USE IT

Looters is a great opportunity to introduce new turns and take on moves. As the number of balls decrease, 1v1 and 2v1 scenarios pop up all over the area.

SET UP

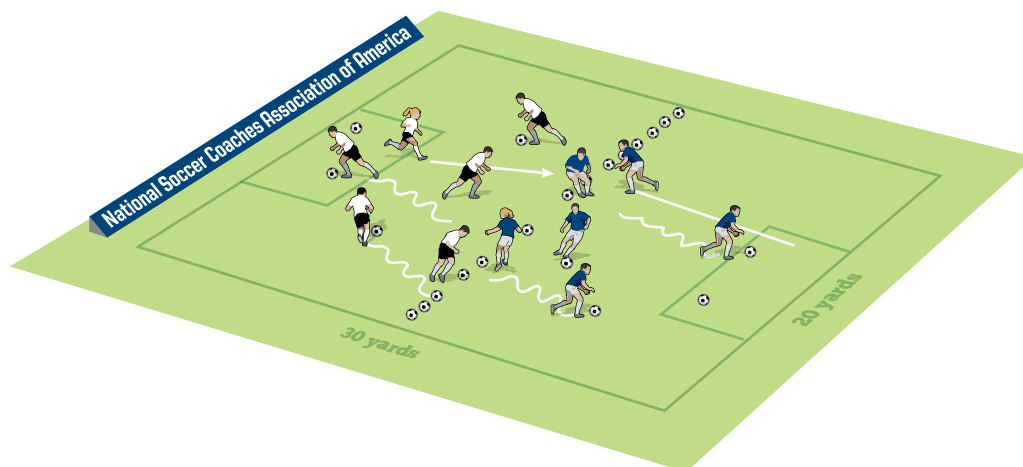
A rectangle, 30x20 yards. Create 2x5 yard 'home' boxes at either end of the area. A ball per player and 2 sets of colored vests.

HOW TO PLAY

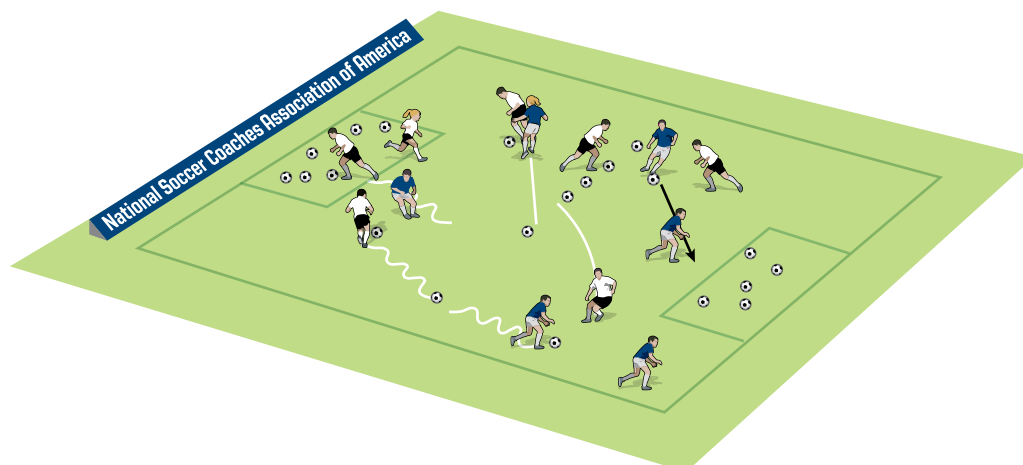
2 equal teams standing inside their own 'home' box. Balls are lined up between the 2 side lines across the center of the area. On the command of "GO" players leave their square and attempt to dribble a ball back to their 'home'. An opponent cannot challenge for the ball in the first version of the activity. Play until all balls are in either of the two squares. Modify the rules to progress the activity, i.e. 1) Players can compete to win possession, 2) Players can enter the opponents 'home' box to steal the balls (90 second time limit), 3) Split each team into attackers and defenders - each cannot enter the other half of the field and must pass to get the ball back to the home area, 4) Create equal numbers of small 'home' squares around the area - once the ball enters this area the ball cannot be removed.

COACHING NOTES

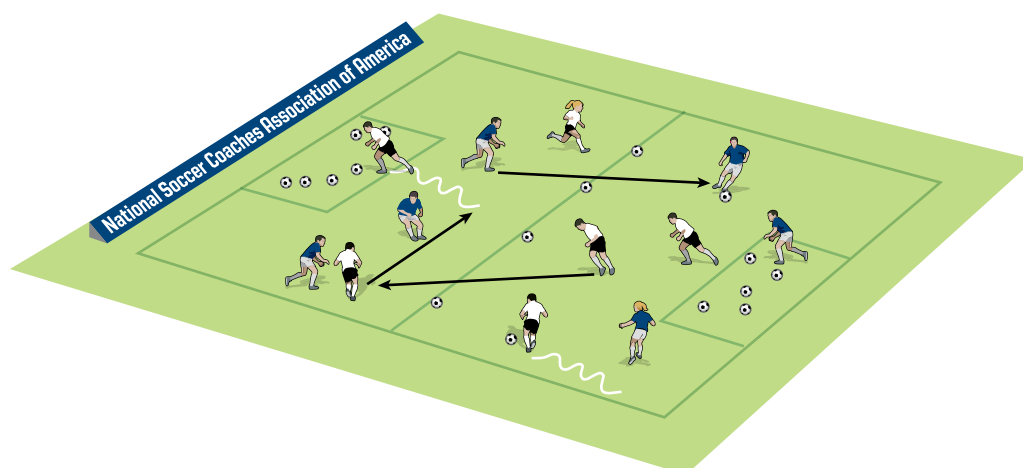
- + Coaching objectives - This activity offers opportunities to discuss with young players basic attacking and defending concepts.
- + Coaching tip - Use guided discovery methods to draw out solutions from the young players, such as 'how can you stop the other team?'
- + Adaptations - This game can be modified by creating 3-4 teams.



- + Teams start in their home box.
- + No tackling to begin.
- + Team with most balls in home box wins.



- + Progress to players competing for possession.
- + 1v1 and 2v1 situations in abundance.



- + Add a center line.
- + Split each team into attackers and defenders.
- + Defenders cannot cross center, so must pass to attackers.