

# COPS AND ROBBERS

## WHY USE IT

The young players thoroughly enjoy this 'tag' type game. 6-8 'robbers' have stolen treasure and 3 'Cops' are in hot pursuit in an effort to place the robbers in jail.

## SET UP

The set-up is a 30x20 yards area, with a 5x5 yard square marked out in the center. 6-8 players dribble the ball inside the larger square and 3 players without a ball stand on the sideline waiting to be called on by the coach.

## HOW TO PLAY

The robbers must dribble around the area trying to prevent capture by the cops. On the command of "GO", the cops rush into the area and attempt to touch the robbers ball with their foot. The robbers use a variety of escape moves to elude the cops, such as a drag back, step over and shielding the ball. The robbers should also try to dribble into space and away from the pressure created by other teammates and the cops. If a cop touches a robber's ball, the robber must go to jail with his/her ball. The jail is the center square and once in jail the robber can shout "SAVE ME". The other robbers can visit the jail and release their accomplice with a high-five. Once all the robbers have been captured the game is over and the coach selects 3 new cops. The coach can add competition by timing how quickly the cops manage to capture all the robbers.

## COACHING NOTES

- + Coaching objectives – Working with the robbers, encourage them to raise their heads and look for space away from other cops and robbers. Robbers should try to work to the perimeter in an effort to keep as much of the playing area in front of them so they can see all the action. The coach can work with the cops to close down space quickly, get into a low and balanced defensive position and make angled runs to force robbers into a corner.
- + Coaching tips – Positioning the jail in the center of the square requires the players to be aware of 360 degree movement and this will require players to constantly look around them and sense pressure. This is a skill that the players will need in a game.

## HOW TO MODIFY THE ACTIVITY

- + Less challenging: The coach could place the jail in a corner to make pressure from the cops more predictable.
- + More challenging: Add more cops, reduce the size of the area and place a time limit on the cops.

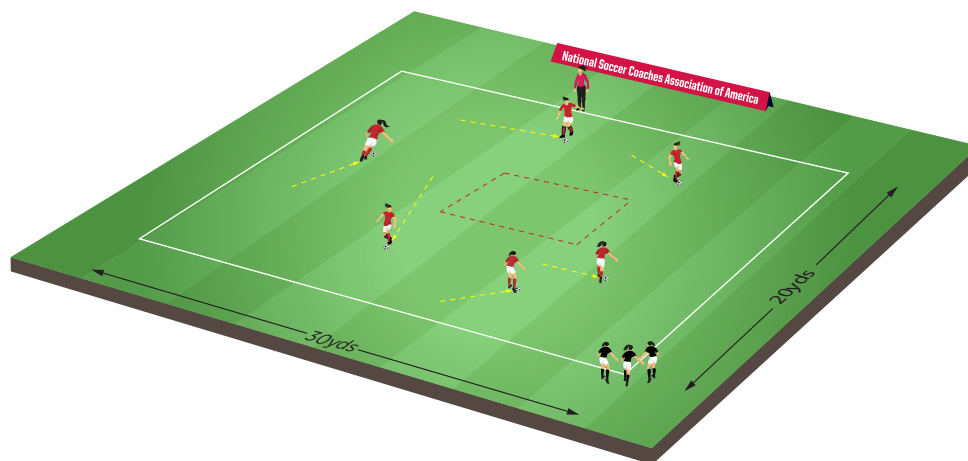
## STAGES COVERED BY ACTIVITY

Stages 1 & 2 - 3-8 year old players

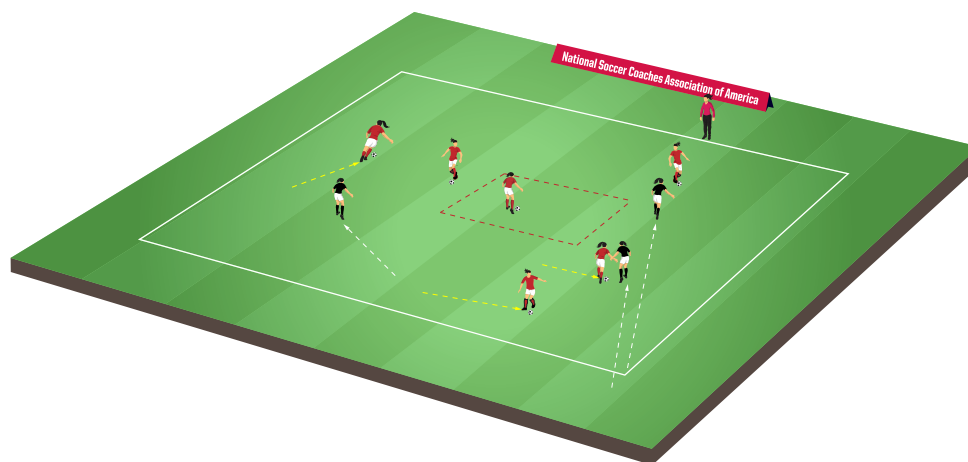
## THEMES & COMPETENCIES

Top 3 themes: Dribbling, 1v1 attacking and beating an opponent.

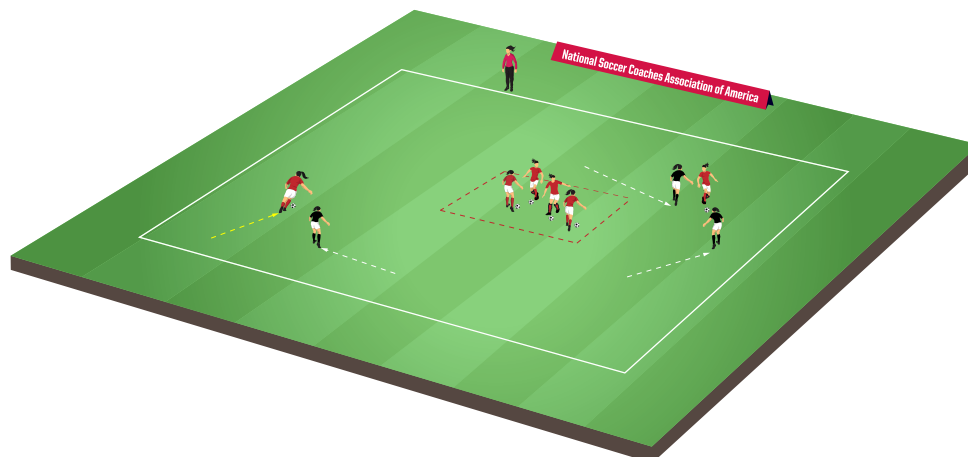
Top 3 competencies: Take-on and escape moves, laces dribbling and defending pressure.



- + The red players are the robbers attempting to evade capture by the cops.
- + The robbers must dribble around the area looking to move into space and away from the cops.
- + The cops are on the sideline getting ready to be called on by the coach.



- + The coach releases the cops, who start chasing the red robbers.
- + The cops must try and touch the robber's ball with their feet.
- + If a red's ball is touched, the robber must take their ball and go to the jail in the center of the area.



- + Once in jail the robber can yell "SAVE ME".
- + The robbers still evading capture can visit the jail with their ball and release their teammate with a high five.
- + Once all the robbers have been caught and sent to jail, the coach selects 3 new cops and starts a new game.