

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

Cat and mouse introduces young players to some simple 1v1 concepts, such as the need to keep the ball (attacking) and win the ball from an opponent (defending).

SET UP

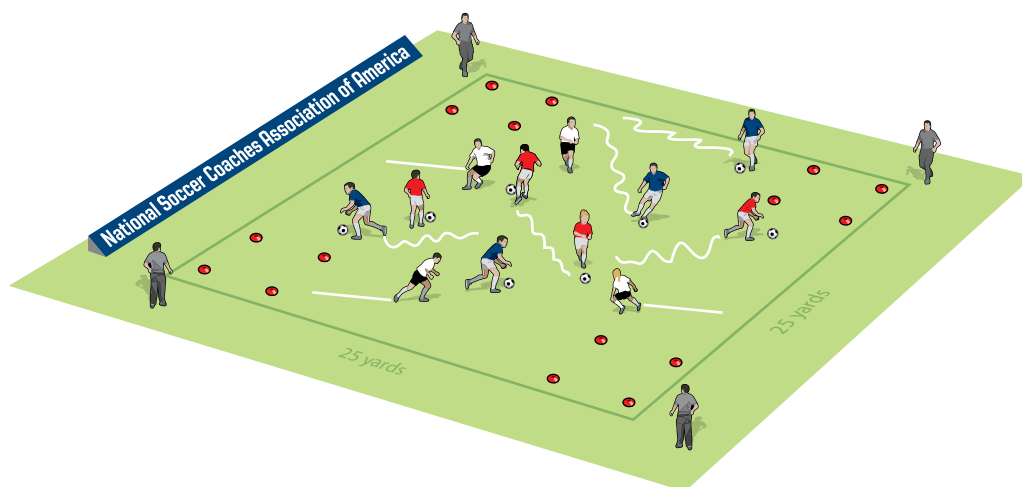
25x25 yard square with 4 small 2 yard squares 2 yards from the corners (use 2 different colored cones). 3 teams with 4 players in colored training vests. Players from 2 teams have soccer balls (mice) and 1 team without the balls (cats). Additional 16 training vests – place 2 in each mini square (mouse hole).

HOW TO PLAY

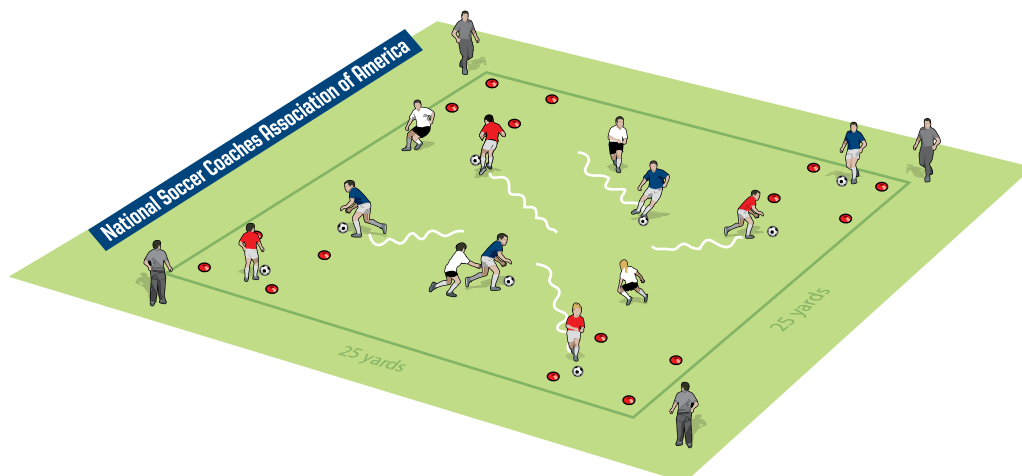
Story: The 'Cats' are chasing after the mice and trying to catch their tails (training vests tucked into the shorts of the mice). The mice can dribble to a mouse hole, where they are safe from the cat. The mouse can only stay in the mouse hole for 5 seconds at a time (use parents to help move the mice along). If a mouse loses its tail, they can dribble their ball to a mouse hole to retrieve a new tail. Once all the tails have gone from the mouse holes, start a new game with new cats.

COACHING NOTES

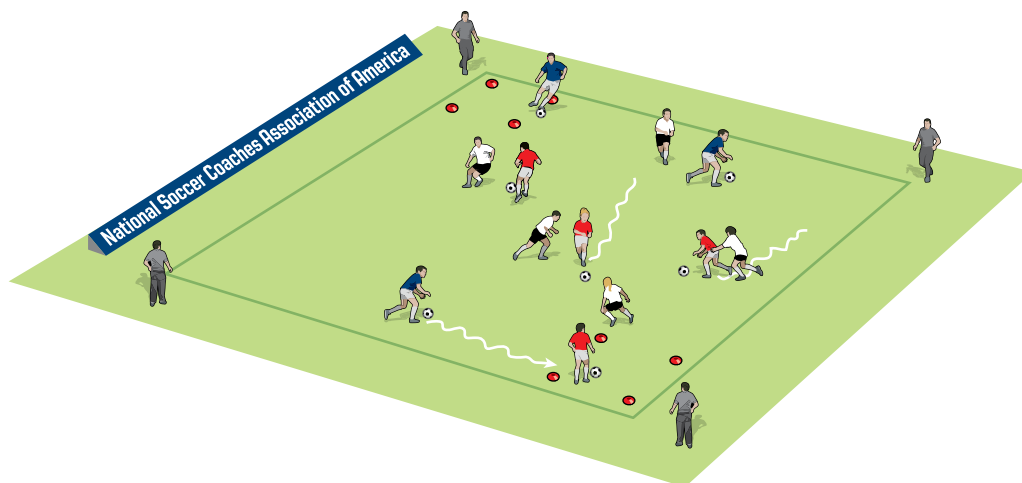
- + Coaching objectives – Instruct the players to keep the ball moving – standing still helps a defender. Dribble to space and away from pressure.
- + Coaching tip – Young players will have difficulty placing their own tails in their shorts – get parents to help – or players hold the pinnie and the cat has to tag the player to get the tail.
- + Adaptations – To make it more difficult for the mice, reduce the mouse holes to 2-3. If the tag game is going too quickly, make the 'tagger' dribble a ball to slow them down.



- + 2 teams of mice dribble the balls.
- + 1 team of cats without balls chase the mice.
- + Parents help the coach.



- + Mice are safe when in the mice hole.
- + There are new tails for mice in the mice hole.
- + Cats pull out the mice tails.



- + Remove 2 mice holes to make it more difficult for the mice.