

STAGES COVERED BY ACTIVITY

Stages 1, 2 & 3 - 3-11 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

Spider's Web introduces young players to the concept of dribbling to space within a confined area. As more players join the 'web', less open space is available – an excellent teaching moment for the coach to discuss head up, looking for space and changing direction to avoid pressure.

SET UP

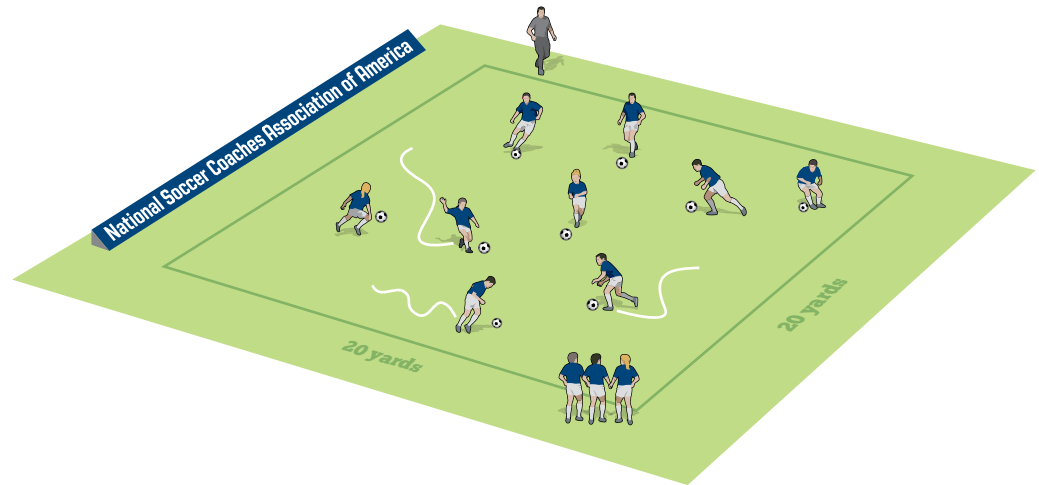
20 x 20 yard square. 9 players each have a ball and can dribble anywhere within the square. 3 players start the web by linking arms and the 'web' can move anywhere in the square as long as arms are linked together.

HOW TO PLAY

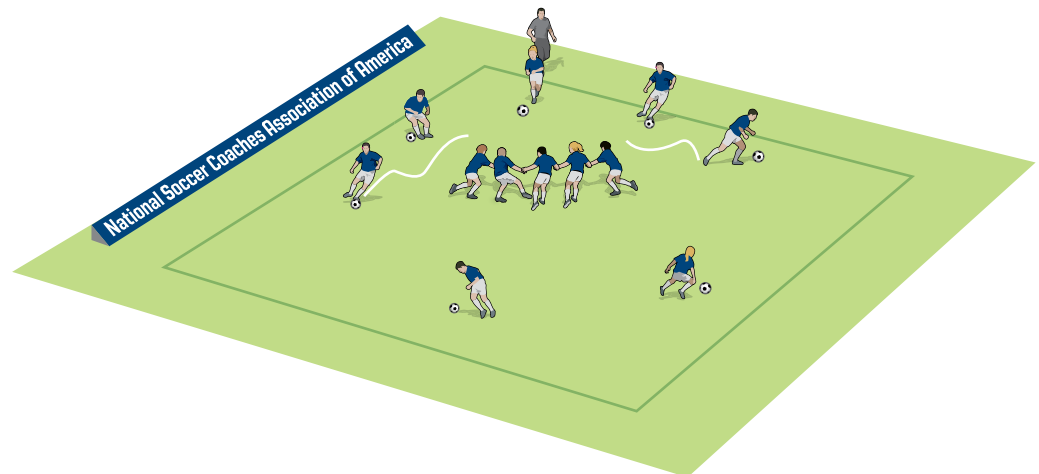
Story: The players are on safari in the dangerous Amazon jungle. Huge spiders have made a massive web and are hoping to capture all the players. On the command of 'GO', the web starts to move around the jungle (square). If any part of the web touches the player's ball, the player must join the web and kick their ball out of the area. The game continues until all the players are caught in the web.

COACHING NOTES

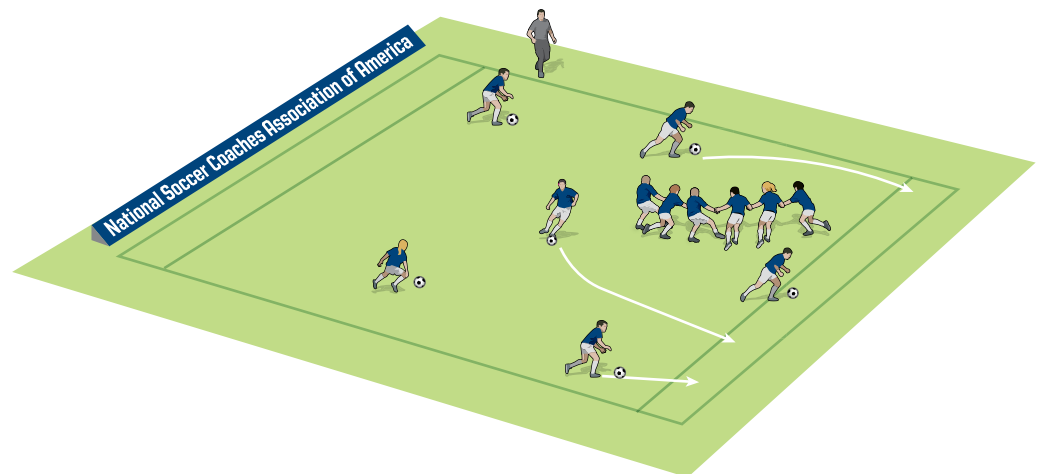
- + Coaching objectives – players dribbling with the laces and 'raise their heads' to see where space exists.
- + Coaching tip – Set a touch-target. My goal for Stage 1 is 10 touches per minute per player - 300 touches in 30 minutes
- + Adaptations – make the game a direction activity, by adding a safety zone at each end of the jungle.



- + 3 players link arms to start the spiders web.
- + Remaining players dribble a ball in the jungle.



- + The spider's web grows in size if a ball is touched.
- + Players must dribble into space.
- + Players in web must keep arms linked.



- + Add 2 safety zones to make the game more 'directional'.
- + Play becomes more predictable.