

PIRATES SHIP

WHY USE IT

Using the equipment to make the shape of a pirate's ship, the coach assumes the role of the ship's captain and barks out orders to the ship's mates. A fun activity with plenty of touches and contact with the ball.

SET UP

20x10 yards area shaped like a boat. Each side of the ship has a name - Bow (front), Stern (back), Starboard (right) and Port (left) and at the back is the ship's flag (skull and crossbones). Each shipmate has a ball.

HOW TO PLAY

The Captain of the ship starts the activity by getting the shipmates familiar with the ship. The 'deck' is the area inside the cones and the shipmates can move anywhere on the deck to begin the activity. If the shipmate goes over the edge of the ship, they go into the ocean and risk being eaten by sharks. Next introduce the sides of the ship - when the Captain shouts out either "BOW", "STERN", "STARBOARD" or "PORT", the players dribble their ball to that side. Introduce other movements and commands: Captain walks onto the ship and the first mate shouts "CAPTAIN'S ON DECK" and all players stop, place their foot on the ball and shout "AYE-AYE-CAPTAIN". Captain shouts "SCRUB THE DECK" and players perform foundations (side to side touches). Captain shouts "UP THE RIGGING" and players perform toe taps and use their arms to climb the imaginary rigging. Captain shouts "CANNONBALL" and players dive onto the deck to avoid the imaginary cannonball. Add other movements and commands.

COACHING NOTES

- + Coaching objectives - Players should dribble with the laces and perform an escape move.
- + Coaching tips - In creating the shape of the ship, the coach creates different challenges for the players dribbling the ball. The bow is narrow and all the players will converge, so close control is needed. Equally, the distance between port and starboard is far less at the bow than stern, so for speed, players will go to the bow.

HOW TO MODIFY THE ACTIVITY

- + Less challenging: Start off the activity without the ball so the players become familiar with the rules and instructions.
- + More challenging: A smaller ship.

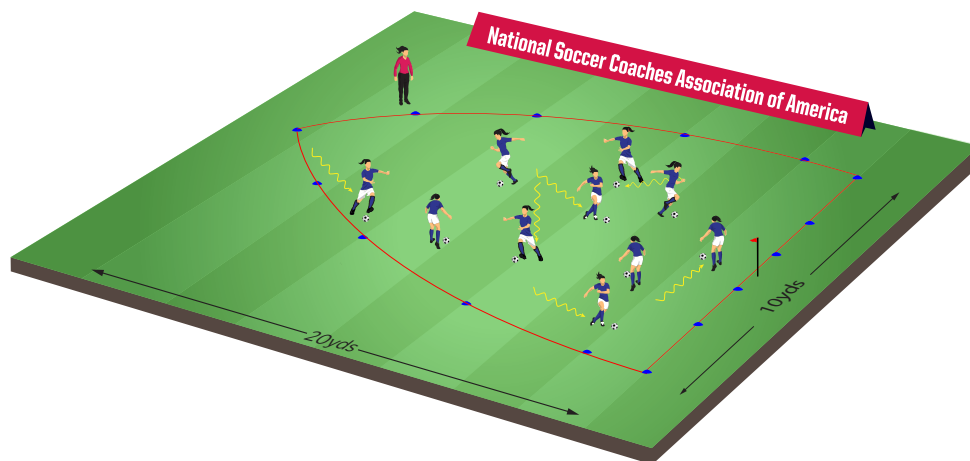
STAGES COVERED BY ACTIVITY

Stages 1 & 2 - 3-8 year old players

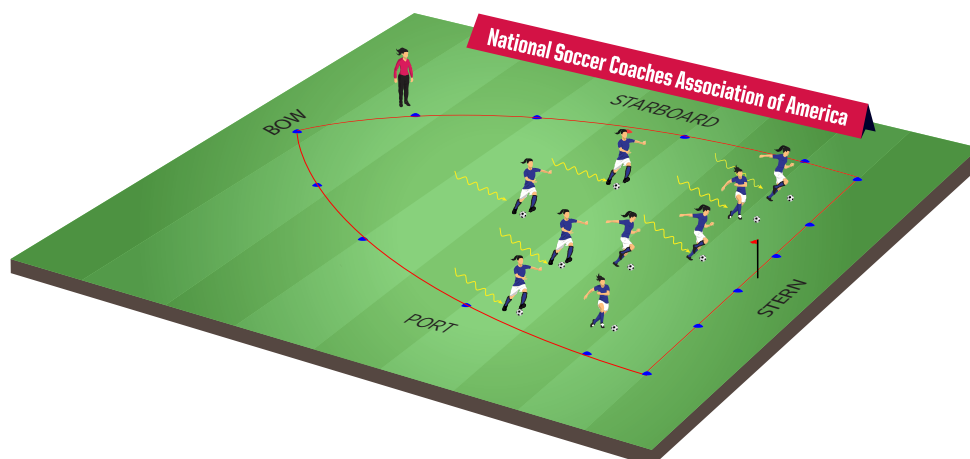
THEMES & COMPETENCIES

Top 3 themes: Dribbling, ball mastery and changing direction.

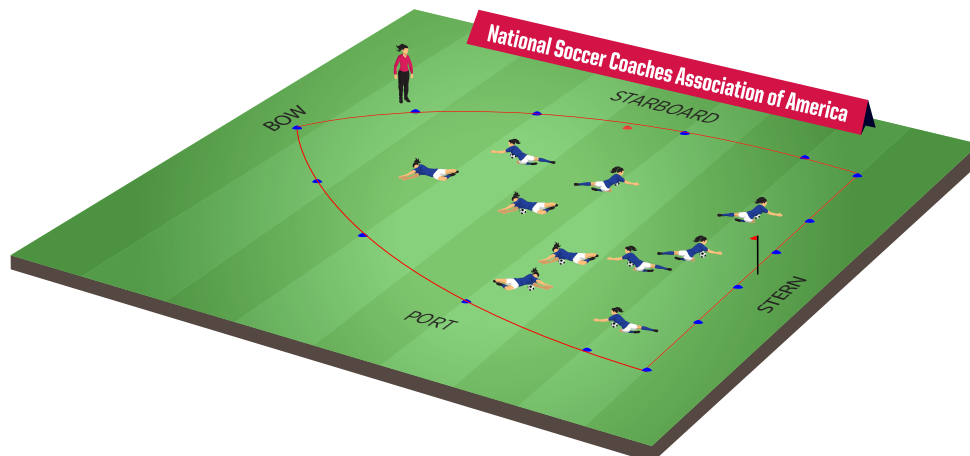
Top 3 competencies: Dribbling with the laces, take on moves and escape moves.



- + The coach (Captain) puts the players (Shipmates) through a number of training tasks before setting sail.
- + To start, the Captain helps the Shipmates become familiar with the ship.
- + Shipmates move around the deck and on the Captain's command to the Bow, Stern, Port and Starboard.



- + The Captain shouts "STERN" and the players dribble as fast as they can to the back of the boat.
- + If the Captain shouts "BOW" the players must have tight control as they all try to get to the point of the the boat without falling over the edge into the shark infested ocean.



- + The Captain can select a First-mate. When the Captain walks onto the ship, the first mate shouts "CAPTAIN'S ON DECK" and all the shipmates shout "AYE AYE CAPTAIN".
- + The Captain has shouted "CANNONBALL" and all the players must dive on the deck for safety.