



Dribble Wolf

Age Group

U5 to U9



Stage of Session

Middle



Category

Dribbling



Duration

10 Minutes



Description

Each player dribbles a ball from the start line to the end line. The first player (or team) to get to the end line with their foot on the ball wins. The coach is the Wolf. Players must stop with their foot on the ball when the coach yells, "stop" and turns around. If the coach sees a player move they must go back to the start line.

Objectives

- Awareness.
- Close control of the ball.
- Use left and right foot.

Variations

- One of the players can be the wolf.
- Use less-skilled foot only.
- If the players reach the halfway mark they can dribble to the end. Coach could act as the defender.
- When the coach turns and says "go" players dribble fast to the end line.

Further development

- Pairs of players have a ball and perform one pass and then that player dribbles.

Related activities

- *Bullrush* – from the same start line as Dribble Wolf, players run to the end line (with or without a ball) with the coach trying to catch them. Players that are caught by the coach join him to catch the other players.

Coaches notes

Encourage the players to keep their heads up so they can watch the coach and keep the ball close.

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