

DRIBBLERS AND ROBBERS

Best suited for ages 7-9

Players (dribblers) with a football move around the area. One or two players are robbers and attempt to intercept dribblers' balls without making body contact.

SESSION 1

• MIDDLE / 10 MINUTES

EQUIPMENT

• Marker cones to define playing area, 1 football per player

WHAT TO DO

Setting Up

- One or two players are robbers and start without a ball. All other players (dribblers) spread out in the playing area with a ball each.
- Program Leader can start as robber to ensure game success.

Playing

- On your signal, robbers attempt to win possession of a player's ball;
- When a robber wins possession of a ball, they score a point and give the ball back to the dribbler;
- Robbers cannot steal the ball from the same dribbler twice in a row;
- Play continues until you call 'Time!';
- Robbers count total score at the end of the game.

WHAT TO LOOK FOR

- Are players keeping control of the ball?
- Is it too easy for the robbers?

SUGGESTED CHANGES

- Increase/decrease the number of robbers;
- Change the size of the area to create more space for dribblers.

Objective:
Running with the ball, Ball control

