



Bantams Week 2 Activities/FunGames

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Individual-Young Member

What time is it Mr/Mrs Wolf? (10 mins)

What Time Is It Mr Wolf? 2 Rounds (10 Min)

Round 1

- Players start in a line with a ball.
- Players ask What Time is it Mr/Mrs Wolf?
- Coach responds 3 O'clock and players take 3 steps towards the coach. Continue w a variety of times.

When **Coach/Wolf** responds " LunchTime" the coach tries to steal the players balls. Players must turn and dribble back to line. Do not steal any balls from players the first few rounds. Once players ball is stolen from the Wolf they become a helper with the Wolf. Last player with a ball wins the game!



Bumper Ball (10 mins)

Bumper Ball (8-10 Min)

- Player dribble around and try to hit coaches ball / teammates ball for a bumper ball goal.
- Coach should move around the area similar to last weeks **Gate's game**.
- Players should Shout " Bumper Ball!" each time they hit someones ball with theirs.

Coaching points:

- Say No To The Toe!
- Use laces to dribble and shoot the ball.



Body Parts (10 mins)

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Focus: Coordination, Motor Control

As players dribble in the area Coach has the players use different body parts to stop or do movements with the ball.

Make it Fun and be Creative!

Ex: knee, ear, elbow, belly, back, bottom, toe touches by alternating left foot and right quickly on demand.

