

Description

Social distancing FUNdamentals Whats the time Mr Wolf?
This practice is for Mini Roos 6-8 years old.

Screen 1

Set up: 24 x 24 m square divided into 6 boxes(example of size)

Rules: All players must stay inside their box unless advised by the coach.

Sequence: All the players set up as shown with a ball each inside their box.

Players run around freely inside their box with a ball at their feet taking small and big touches of the ball.

The coach is standing on the outside of the grid also with a ball "PIRATE COMMANDS"

When the coach calls The pirate commands the players and the coach will execute them

Command 1:Scrub the decks the players tap the ball between their feet 10 times then start running with the ball again.

Command 2:Climb the rigging the players do 10 toe taps on the ball with both feet then start running with the ball again.

Command 3:Round the mast the players stop the ball with the sole of their foot and run around the ball 5 times then start running with the ball again.

Command 4:Icebergs ahead the players stop the ball with the sole of their foot and drag the ball back with the sole of their foot using the left and right foot 10 times then start running with the ball again.

Command 5: Walk the plank the players stop the ball with the sole of their foot and begin to role the ball forward again with the sole of their foot 10 times then start running with the ball again.

Command 6: Abandon ship the players leave their ball and run to the edge of their box and scam as loud as they canSHIPS AHOY then run back into their box and start to run with the ball again.

Command 7:Dead rat the players stop the ball with the sole of their foot and fall on their ball on the coaches call the players get up and start to run with the ball again.

Coaching points: show the players which part of the foot is best to keep the ball under control.

Progression/Variation:

Allow the players to come up with their own commands

Players use 1 foot only left or right to run with the ball

Players can only have small touches when running with the ball

Players can only have big touches when running with the ball

Players can pick up their ball and run with it back to their starting position when the coach shouts abandon ship this instruction can be optional for players

