

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 with 3 colored cones or bibs red, green and orange.

When the coach calls and holds up the red bib/cone the players stop the ball with the sole of their foot and sit on the ball(The coach can do the same for some FUN)

When the coach calls and holds up the green bib/cone the players accelerate with their ball to the edge of their box

When the coach calls and holds up the orange bib/cone the players stop the ball with the sole of their foot and run around the ball 3 times(The coach can do the same for some FUN)

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

Progression/Variation:

The coach holds up the bib/cone without calling the color(players must be looking up at the coach and not the ball)

If the coach doesn't have cones or bibs they can call the colors

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 holds up the green bib/cone this instruction can be optional for players.

