

## 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.  
1 player shouts Whats the time Mr Wolf? The coach replies with a nominated time for example it's 7 O'clock, the players run into their box taking 7 small or big touches of the ball.

At the same time (for some FUN) the coach does 7 toe taps of the ball.

Another player will call Whats the time Mr Wolf? and repeat the sequence.

After a couple of calls the the coach will shout It's dinner time on this call, the players run back to their starting position with the ball at their feet, then sit on the ball.

The coach will nominate who got back to the starting position quickest.

(Make sure everyone is a winner)

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

Progression/Variation:

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 It's dinner time this instruction can be optional for players.

EVERYONE IS A WINNER.

