

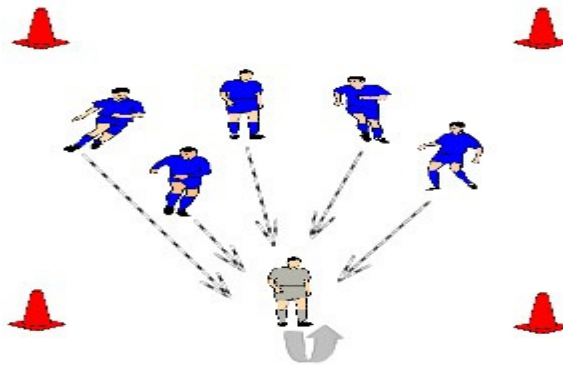
Drill Name: Mr Wolf

Age Group: U/4 & U/5

Objectives:

1. Fun games that increase coordination and spatial awareness
2. Fun games that improves social interaction
3. Gross motor activities that develop sound movement patterns

Diagram:



Description: Players start along the line and coach calls start to move forward. When the coach turns players have to stop running and stand still. If the wolf catches a player still moving he has to take two steps back. When player get near the wolf they need to tag him and the wolf turns and chases him back to the beginning

Progressions: Players dribble the ball.

Coaching Points: Ask players to anticipate when the coach is to turn.