

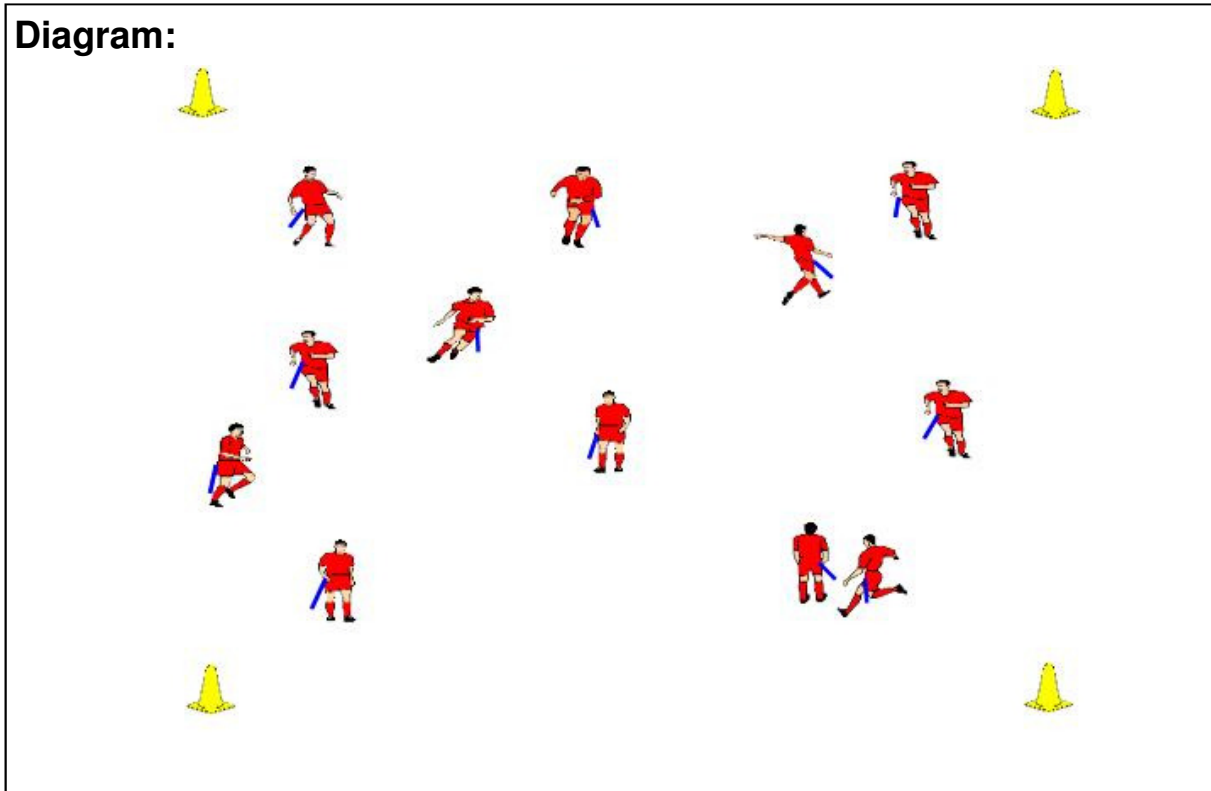
Topic: Warm Up/Fun Game
Drill Name: Tails

Age Group: U/7 to U/9

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: Each player has a bib which they fold and tuck into the back of their pants to create a tail. The players jog around the 25m x 25m area until the coach calls play. The players then must steal other players tails while keeping theirs. Once a player has lost their tail they are out and must join the coach on the sideline. The last player remaining with a tail is the winner.

Progressions: Players can replace their tail if they have theirs stolen. Introduce teams.

Coaching Points: Spatial awareness, movement, keeping your chest facing opponents and tail out of reach.