

Topic: Warm Up/Fun Game
Drill Name: Blob

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: Coach selects two players to be the blob. The blob hold hands and by working together try and tag free players with their free hand. When a player gets tagged they join the blob. Once the blob has four players in it, the blob splits into two blobs of two. The game is finished when all players are a part of a blob. The last player to be tagged is the winner.

Progressions: Smaller space and introduce more taggers at the start of the game.

Coaching Points: The blob/s to work together and communicate with each other to remain linked and to hunt down free players.