



Mr Wolf

Level: Warm Up with Ball

Objective: Ball familiarity, dribbling and quick turns

Organisation

Make a circle about 20 yards in diameter.

Players spread around the edge with a ball each.

The coach stands in the middle and is Mr. Wolf.

Every child is a sheep and must ask the question very loudly, What time is it Mr. Wolf?.

The Wolf must then say a time e.g. 2 o'clock. Each player must then dribble the ball forward, e.g. two steps for 2 o'clock and six steps for 6 o'clock. When the players get close enough to the center the coach may announce, Dinner Time.

The coach then attempts to tackle and steal the soccer balls from the sheep.

The players must turn and get outside the circle before being captured.

When a sheep is caught they become an assistant wolf in the middle.

The winner is the last remaining sheep.

Coaching Points:

- 1: Let the game be the teacher
- 2: Encourage the players to keep the ball close to them and change directions quickly
- 3: Keep head up as often as possible
- 4: Encourage players to use both feet and different parts of their feet
- 5: Practice practice practice

