



# Pirates of the Caribbean

**Level: Warm Up with Ball**

**Objective: Dribbling and running with the ball.**

## Organisation

Set up two 20 x 20 yard playing area, and have 5/10 yards between the grids. Split players into two groups and ask them to dribble around their grid awaiting a command from the coach. Calm Ocean Player dribbles slowly. Choppy Ocean Players change direction because sea is getting rough. Save Yourself Dribble to the other grid to sail away from the storm. Winch The Sails on the - Players run to either Port, Starboard, Forward or Aft side of boat. The coach in the middle of the two grids is the pirate to steal the treasure. Their ball is the treasure and they must dribble it safely to the other boat. Once a player has lost their ball they can become a pirate to steal other players treasure.

## 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

