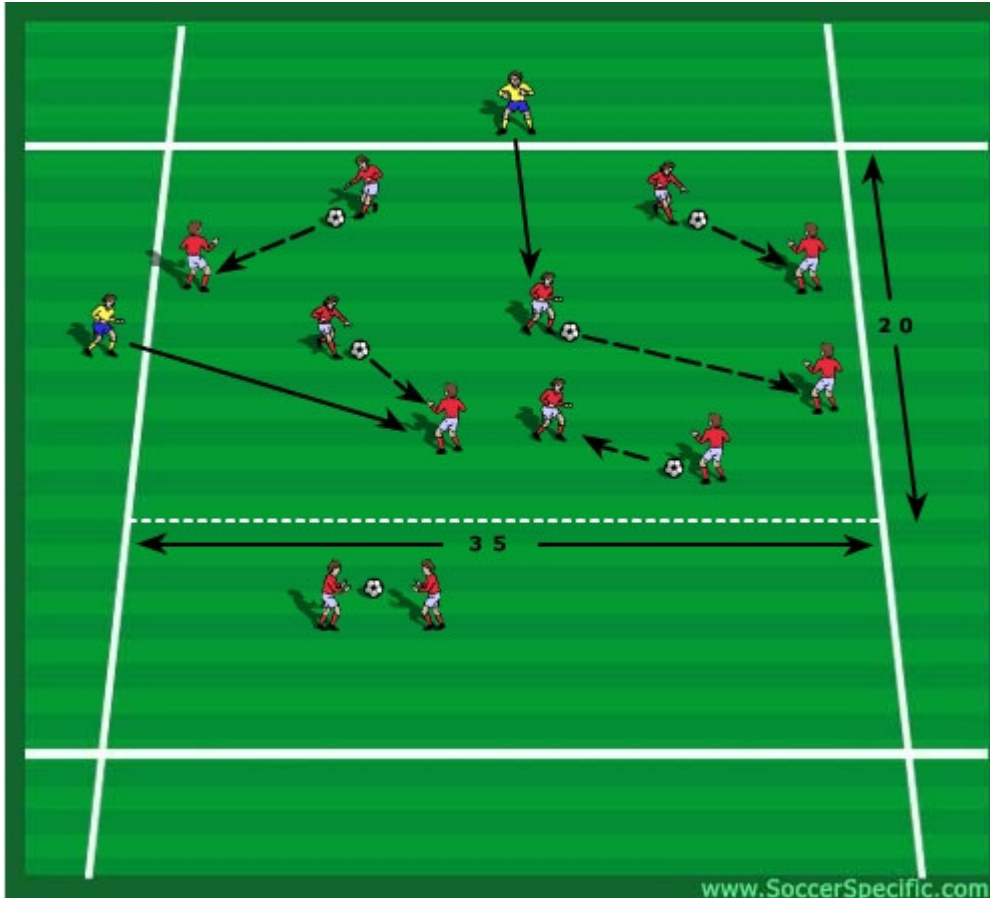


Lions Loose

Emphasis: Dribbling, passing, receiving, and tackling



Set-up:

Make a 20x35 yard grid. Place two players (lions) on the outside of the grid in bright colored pennies. The remaining players are divided into pairs inside the grid. Each pair has one ball.

Objective:

The lions “roar” and then enter the grid and try and kick the balls outside the grid. The lions may not attack the same pair. If the ball is out, that pair must retrieve the ball and juggle in pairs until the next game starts.

Progression:

1. Increase the number of lions.
2. Make the grid smaller.
3. Pairs have two touches and then make it one touch.

Coaching Points:

- Create supporting angles
- Communication between the partners is crucial.