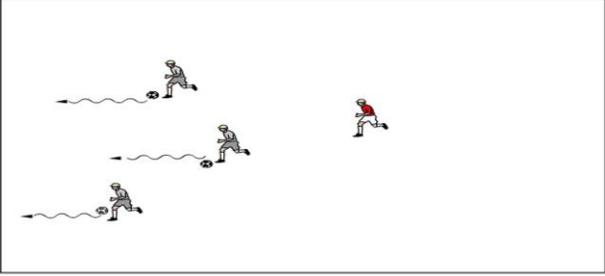
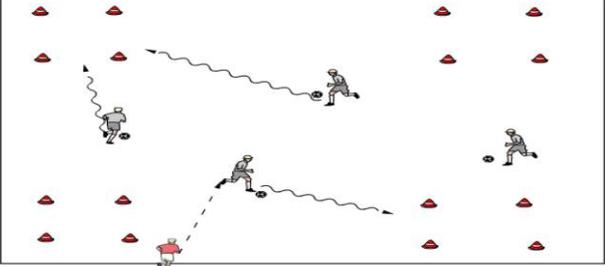
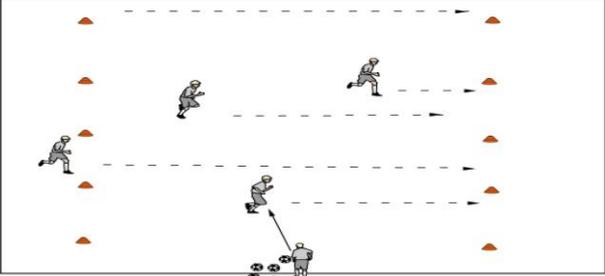
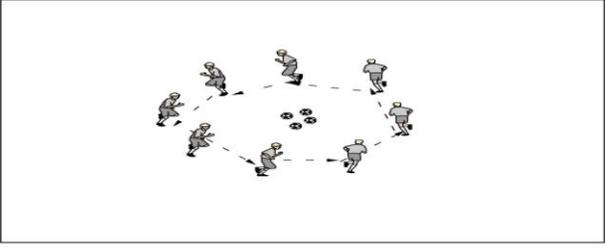


<p><b>"What Time is the Mr. Wolf"?</b></p>	<p><b><u>Organization</u></b></p>	<p><b><u>Key Coaching Points</u></b></p>
	<ul style="list-style-type: none"> <li>• Players line up on one end line, each player has a ball</li> <li>• The coach stands in the middle of the grid with his back to the players</li> <li>• The players initiate the game by calling out "What Time Is It Mr. Wolf"?</li> <li>• The coach then replies with a time (e.g. 6 O'clock and the players take six touches of their ball) and try to tag the Wolf</li> <li>• When the coach calls "dinner time" the players must turn and dribble back to the starting line</li> <li>• If the Wolf tags a player they become a Wolf</li> <li>• Game keeps going till one player is left</li> </ul>	<ul style="list-style-type: none"> <li>• Close control</li> <li>• Sharp turn</li> <li>• Acceleration out of the turn</li> </ul>
<p><b>Shark Attack</b></p> 	<ul style="list-style-type: none"> <li>• Each player has a ball dribbling in a 25 x 25 training area with small safe base areas marked out in the four corners of the grid</li> <li>• On the outside there is a player without a ball (shark)</li> <li>• On the coach's command "shark attack" the shark enters from outside the grid and tries to steal and knock the players' balls out</li> <li>• The players can prevent themselves being caught by running to one of four safe bases on the corner of the grid</li> </ul>	<ul style="list-style-type: none"> <li>• Push ball into space so it is easy to run with the ball</li> </ul>
<p><b>Fighter Pilots</b></p> 	<ul style="list-style-type: none"> <li>• Players start without a ball on one side of the grid</li> <li>• Players have to run from one end of the grid to the other</li> <li>• The coach shoots the balls at the "fighter pilot" (players) trying to hit them below the knee.</li> <li>• If a player is hit by the ball they then join the coach at the side and try to hit the other fighter pilots with a ball</li> </ul>	<ul style="list-style-type: none"> <li>• Movement</li> <li>• Awareness of where the ball is coming from</li> <li>• Speed</li> </ul>
<p><b>Dead Squirrels</b></p> 	<ul style="list-style-type: none"> <li>• Players (squirrels) run around a circle in the same direction - Soccer balls placed in the middle</li> <li>• Coach shouts out various commands "change" = change direction or "dead squirrels" = players lie on their back like a dead squirrel</li> <li>• When coach calls "get your nuts" players run into the middle to try and get a ball and dribble it to the outside of the circle</li> <li>• Take one or more balls away each time so players compete for a ball. Players score points if they can get the ball to the outside of the circle</li> </ul>	<ul style="list-style-type: none"> <li>• Speed to get to a ball first</li> <li>• Acceleration out of the turn</li> </ul>