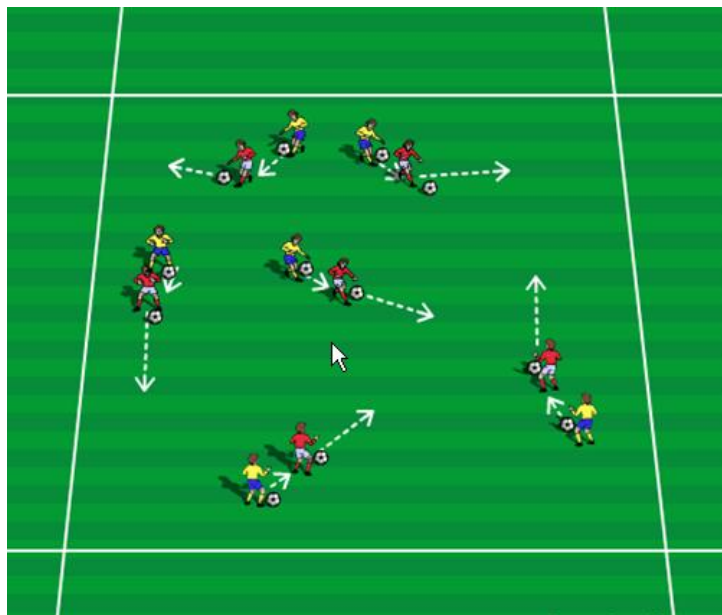




Game Title:	Shadows	Game Theme:	Dribbling
Learning Outcome(s):	Develop physical literacy and ball control		



Organization:

1. 20 x 20 yard area set up as shown
2. 12 players (groups of 2) set up as shown
3. 12 balls

Story/Description:

1. Coach starts off the activity by getting the player to wave at their shadow on the floor, and then by challenging the players to lose their shadow by running around in different directions and at different speeds
2. Coach then puts the players in pairs, with one being the shadow and the other being the player attempting to lose their shadow
3. The shadow has 30 seconds to stay in touching distance of the runner before the coach yells "FREEZE"
4. The shadow then turns to face their partner who must attempt to pass their ball through their partners legs
5. Players then rotate roles

Coaching Points:

1. Use different movements and speeds to get away from the shadow
2. Try to keep your eye on the runner so you know where they are going

Developments:

1. P – The shadow now has no ball
2. R – Each player starts without a ball