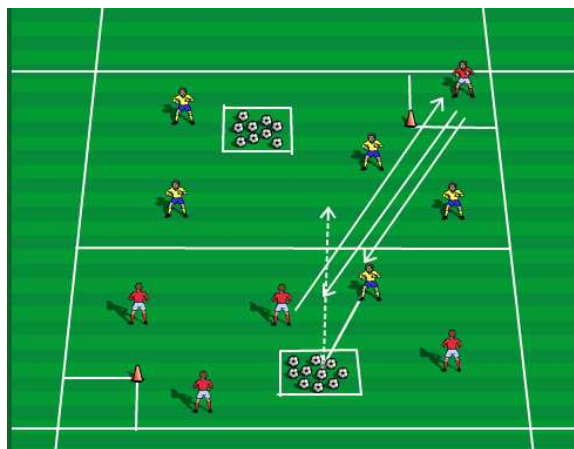




Curriculum – Camp

Activity # - 2514

Topic:	Capture the balls	Age:	All Ages
Section:	Warm up	Ability Level:	All Levels
Learning Outcome(s):	Improve players dribbling and awareness		



Organization:

1. 40 x 40 yard area, set up as shown
2. 2 equal teams
3. Balls split between the two teams
4. Two 5 x 5 yard area to hold the balls
5. Two 5 x 5 yard areas that act as prisons

Instructions:

1. Teams are split into two and each have their own half of the area
2. In each half there is a ball holding area and a prison
3. The objective is to 'CAPTURE' all the oppositions soccer balls and return these to your holding area
4. When players are in their own half they are safe – when they are in the oppositions half they can be tagged
5. Players cannot be tagged when in the oppositions ball holding area
6. Players cannot be tagged when dribbling a ball back to their half of the field
7. If a player is tagged they must go to prison
8. The only way to get out of prison is if a teammate runs into the prison to tag you
9. When tagged the player is free to walk from prison back to their own half of the field
10. The first team to 'CAPTURE' all the balls wins

Coaching Points:

1. Head up
2. Observe defenders position
3. Close control
4. Changes in direction

Progression:

1. P – Players can now be tagged when attempting to dribble the ball back to their half of the field
2. R – Create two ball holding areas so that defender have more space to protect