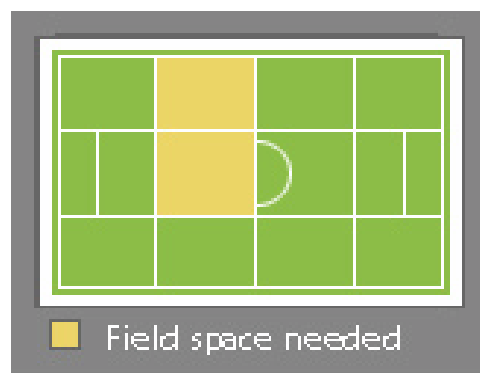


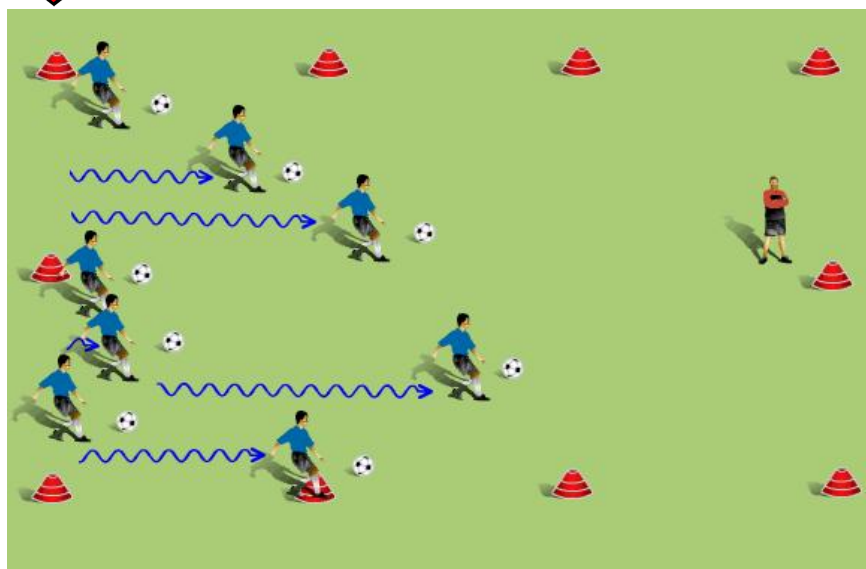
What Time is it Mr Fox?

Materials Needed



Area 30 x 20 yds

- Ball per player
- Cones



What Time is it Mr Fox? Dribbling

Description:

Mr Fox stands at one end facing the players. The players call "what time is it Mr Fox" and the Fox answers in one of two ways - "3 O'CLOCK" and the players take three small touches of the ball. If the Fox calls "DINNER TIME" the players must dribble back to the starting line and if they are caught by the Fox they become a Fox.

Coaching Points

- Keep the ball close when approaching Mr. Fox.
- Use different turns when Mr. Fox calls 'Dinner Time' – drag back, inside/outside foot, back heel etc.
- Use the laces to dribble the ball.

Progressions:

1) Mr Fox faces the players before closing his/her eyes and counting. 2) Players have to stop the ball with different body parts when the fox turns. 3) Once tagged the players have to stand with Mr. Fox – last player standing becomes Mr. Fox.