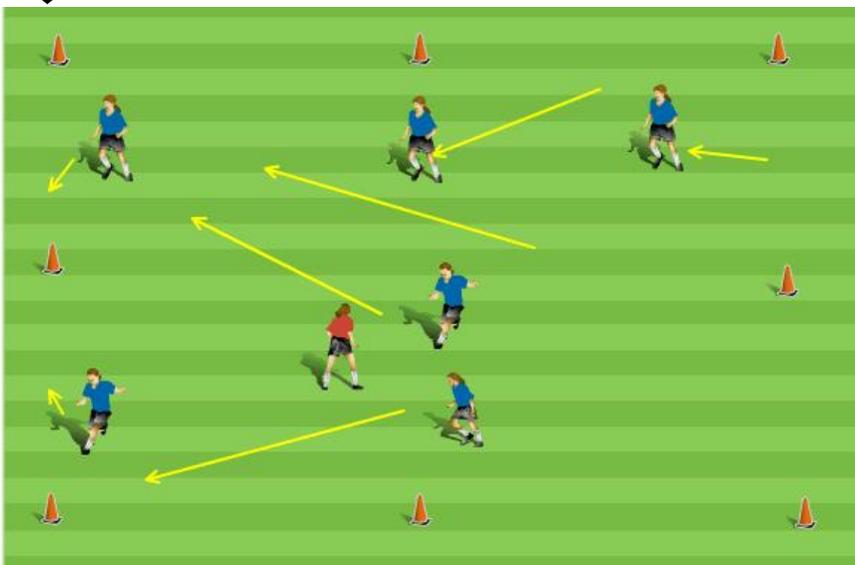
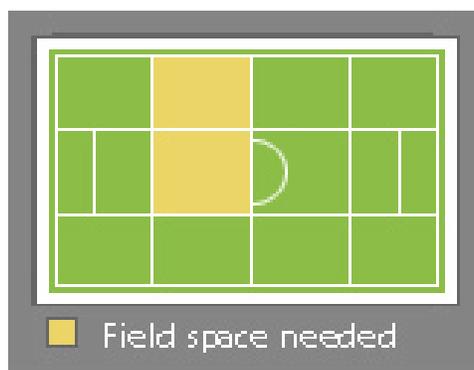


British Bull Dog



Materials Needed



Area: 30 x 15 yds

- Ball per player
- Cones
- Training Vests

British Bull Dog Dribbling & Movement

Description:

One player is selected to be the 'Bull Dog' and starts at the end line. The other players 'Cats' line up at the other end of the rectangle facing the person in the middle. The first time through without soccer balls – then all players other than Bull Dog has balls to dribble. Cats who were tagged join the Bull Dog.

Coaching Points

- Encourage players to use body movements to elude the bull dog
- When dribbling, keep soccer balls close to allow quick changes in direction
- Lift head to avoid collision and see routes for escape

Progressions:

One player is selected to be the 'Bull Dog' and starts at the end line. The other players 'Cats' line up at the other end of the rectangle facing the person in the middle. The first time through without soccer balls – then all players other than Bull Dog has balls to dribble. The Cats start the game by chanting in unison "British Bull Dog 1, 2, 3", the Bull Dog then responds by giving the command "BRITISH BULL DOG" – the Cats then try to make their way to the opposite end of the rectangle without being tagged by Bull Dog. Any Cat who is tagged or dribbles outside the rectangle must step out of the area. Once the remaining Cats have made it to the other end line, the Cats who were tagged join the Bull Dog. The game continues until there is only one player left to be tagged. That player then gets to be Bull Dog for the next round. Change the way players move from one end to the other - gallop, skip, walk, or slide. Bull Dog and Cats becomes crabs – must remain in crab position to move. Instead of tagging the players, Bull Dog must pull the training vests hanging in the back of the Cats shorts (the tail).