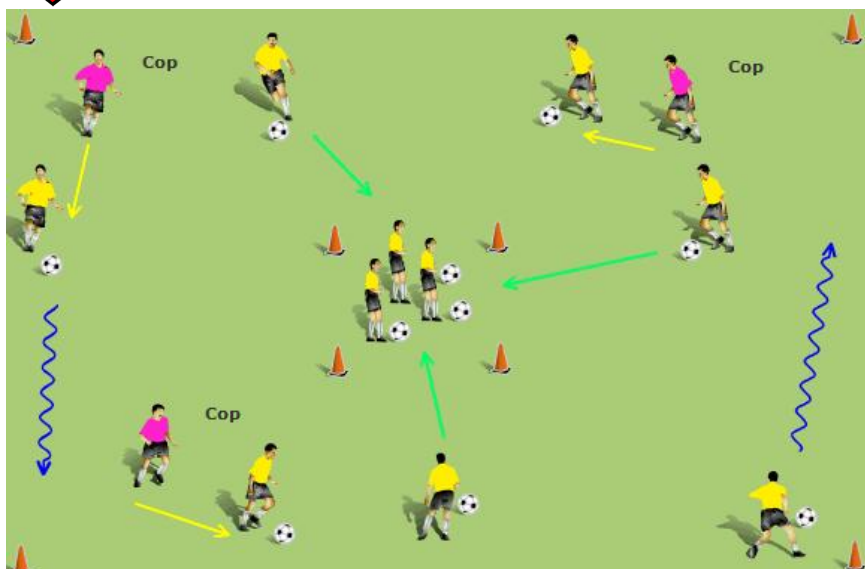
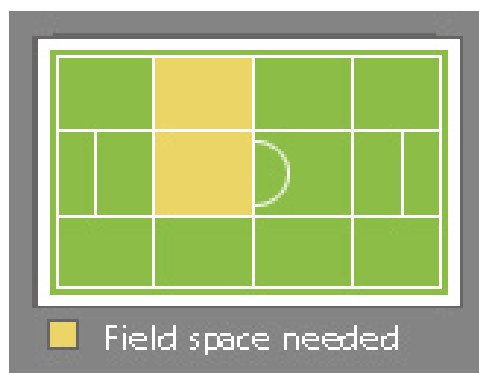


Cops and Robbers



Materials Needed



Area: 30 x 30 yds

- Ball per player
- Cones
- Training Vests

Cops and Robbers Dribbling

Description:

'Robbers' have a ball each which they dribble around the soccer streets. The 'Cops' (who don't have a ball) have to get a touch on the robber's ball in order to send them to the jail in the middle of the area. Once in jail the robber must sit on their ball and call out "HELP". The only way a robber can be saved is by a fellow robber, who must dribble their ball into the jail and give them a high five. The cops aim is to get all the robbers into the jail.

Coaching Points

- Head up
- Close Control
- Shield the ball to protect

Progressions:

Story

The robbers have stolen treasure (the soccer ball). But hot on the robbers tails are the cops who are looking to send the robbers straight to jail. The question is can the cops get all the robbers in the jail at once? Good Luck!!!

Variations

For some players getting a touch on the robber's ball may be too hard. If this is the case play the game with robbers having a training vest tucked into the back of their shorts, if the cop pulls the training vest out then the robber must go to jail. To make the game harder add more cops per game. This will ensure more pressure is on the robbers.