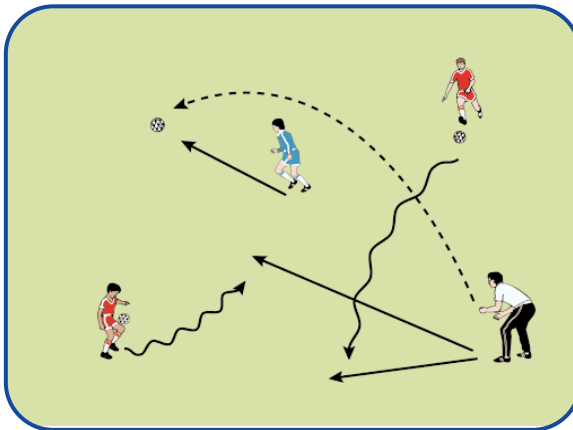


Find the Coach



Activity Organization:

This activity is similar to the Retrieve Activity, where the coach has each player hand him/her a ball, and then throws in random directions for the players to retrieve and return to the coach in many different ways (i.e., rolling with hands, bouncing, throwing in the air and catching, etc). However, in each manner of returning the ball, the coach remains in the same spot where he/she threw the ball.

'FIND THE COACH' becomes a more complex activity for two reasons:

1. Each players must dribble the ball back to the coach with their feet.
2. The coach does not stand in one spot as he/she moves in all directions within the space provided for the activity.

By doing so, players not only dribble with speed to get back to the coach, but must dribble with their eyes up.

Did someone say, 'the first step to tactical instruction?' (Dribbling with one's head up leads to decision making.)

Implications for the Game

Technical

- Dribbling for possession
- Dribbling with vision

Physical

- Changing direction
- Running
- Balance

Tactical

- Must keep eyes up, helps with decision-making and increasing field of vision

Social/Psychological

- All players involved at their own level

Related Activities

- Gates
- Pac Man
- Defrost Tag