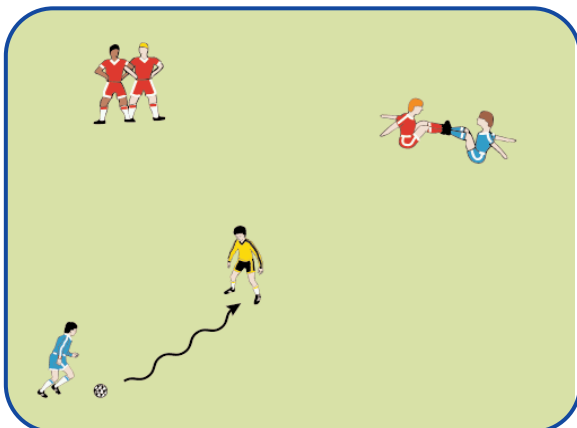


## Human Obstacle Course



### Implications for the Game

#### *Technical*

- Changing direction
- Close control
- Dribbling in a confined area

#### *Physical*

- Body awareness

#### *Tactical*

- Reading the environment
- Looking for and moving into open spaces

#### *Social/Psychological*

- Working within a group
- Poitive interaction with teammates

### Activity Organization:

This creative activity is a great ice breaker for the 5 and 6 year olds.

You should first do this without the ball and then later with the ball for the players to dribble.

The coach asks one player to make a shape that they can hold for a period of time.

The next player then goes around, through, under, or over the first player.

The third player goes through the first two.

This sequence continues until all the players are part of the obstacle course.

At this point allow the first players to go again so they can go through a complete course.

Once all players have gone through, add a ball and now each player must dribble through the course.

### Related Activities

- I Can do Something, Can You?
- Ballnastics - Individual
- Ball Retrieve