

ROB THE NEST

Players work in small groups. One player from each group runs to a central point to collect one ball at a time and dribbles the ball back to their team-mates at their base and then tags the next player. The aim is to collect the most number of balls.

SESSION

• MIDDLE / 5 MINUTES

EQUIPMENT

• Marker cones to define playing area, as many footballs as possible (10+)

WHAT TO DO	<p>Setting Up</p> <ul style="list-style-type: none"> • Form 4 or more equal groups, positioning 1 group on each corner of the playing field; • Place a pile of footballs in the centre of the playing area. <p>Playing</p> <ul style="list-style-type: none"> • On the starting whistle, one player at a time from each group runs out and collects a ball and dribbles it back to their group; • Once a player has returned with a ball the next player may run out and collect another ball. Keep playing until all balls are gone; • The group with the most balls at the end is the winner; • As a progression, allow players to steal from other groups once all the balls in the middle are gone.
WHAT TO LOOK FOR	<ul style="list-style-type: none"> • Do players understand how the game works? • Is everyone engaged and having fun?
SUGGESTED CHANGES	<ul style="list-style-type: none"> • Players to use different parts of their foot to dribble; • Create teams and try and work cooperatively.

