

RUNAWAY TRUCKS (FOOTBALL COORDINATION)

SETUP

1. Area 30x30m is the "Road"
2. All players are "Cars" inside the area with a ball each. The ball is the cars "Engine"



HOW TO PLAY

1. Players dribble the ball around the area, reacting to Coaches' commands:
 - "Green Light" – Player begins to move
 - "Red Light" – Player stops
 - "1st Gear" – Player dribbles ball at slow pace
 - "2nd Gear" – Player dribbles ball at medium pace
 - "3rd Gear" – Player dribbles ball at fast pace
 - "U-Turn" – Player performs turn to face opposite way
 - "Somebody's in the way!" – Players make beeping noise

PROGRESSION

- Introduce 2 blue players on the outside, without a ball, who become the "Runaway Trucks"
- During session, when the coach shouts "Runaway Trucks", blue players enter the area and try to kick player's balls out of the area ("engines off road")
- Cars start with 10 points. If their ball is kicked out they lose a point, retrieve it & join back in the session

OUTCOMES

- Dribbling and changing direction with close control
- Acceleration and Deceleration with ball
- Using body to protect ball whilst under pressure