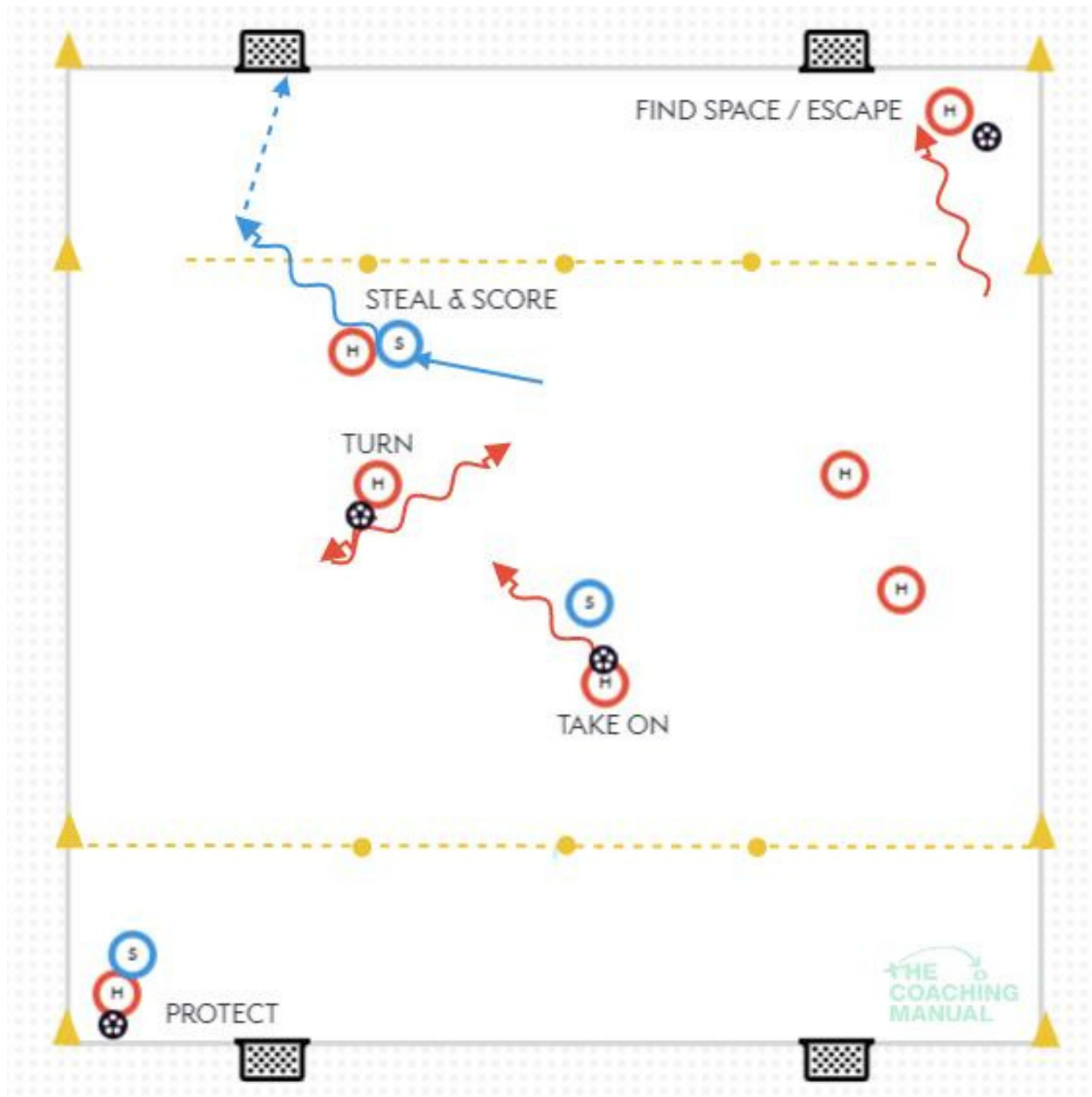


# HIDE & SEEK



## TECHNICAL

Dribbling  
 Running With The Ball  
 Twisting  
 Teasing  
 Tackling  
 Passing  
 Protecting  
 Shooting

## TACTICAL

Dribble/Protect?  
 Dribble/Shoot  
 Take On/Or Turn Away?  
 Dribble/Run With The Ball  
 Pass/Shoot?  
 Dribble/Shoot?

## PHYSICAL

Walking  
 Sprinting  
 Jogging  
 Kicking  
 Pushing  
 Shielding

## PSYCH/SOCIAL

Fail & Try Again  
 Teamwork  
 How are your friends playing?  
 Experiment  
 Deal With Pressure  
 Don't Give Up  
 Next Game

## How To Play: (3-4 minute games)

- 2 Teams, Hiders (Red), Seekers (Blue) - Two children are "on" as Seekers.
- Aim for Hiders - Hide The Ball, Keep The Ball
  - Do not score!
- Aim for Seekers - Seek and steal the ball and SCORE!
- Hider's team gets 1 point per ball under control at the end
- The Seekers team gets 2 points per goal scored
  - Change the points system as needed

## Progressions

- 3 teams -2x Hiders (Red & Yellow) and 1x Seekers
  - Red Hiders hide the ball individually,
  - Yellow Hiders hide the ball as a group

Coaching Points		
<u>In Possession (Me)</u>	<u>In Possession (Team Mate)</u>	<u>Out Of Possession</u>
<ul style="list-style-type: none"> <li>• Courageous                             <ul style="list-style-type: none"> <li>◦ Can you beat your player?                                     <ul style="list-style-type: none"> <li>▪ Dribble/Run With The Ball</li> </ul> </li> </ul> </li> <li>• Can I Keep The Ball?                             <ul style="list-style-type: none"> <li>◦ Dribble/Protect</li> </ul> </li> <li>• Can I find a teammate                             <ul style="list-style-type: none"> <li>◦ create paths with them</li> <li>◦ pass to feet or space</li> </ul> </li> <li>• Can I create a chance to score                             <ul style="list-style-type: none"> <li>◦ twist, turn, tease &amp; "create a yard" for a shot on goal</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Get Away From Danger</li> <li>• Get Away From Team Mate</li> <li>• Create A Clear Path</li> <li>• Communicate                             <ul style="list-style-type: none"> <li>◦ time or man on?</li> <li>◦ Ball to feet or in space?</li> </ul> </li> <li>• Support the play                             <ul style="list-style-type: none"> <li>◦ movement behind the ball</li> <li>◦ move ahead of the ball</li> <li>◦ stretch the play wider</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Get The Ball back                             <ul style="list-style-type: none"> <li>◦ Get/Stay Behind The Ball</li> </ul> </li> <li>• Can you win and keep the ball?</li> <li>• If you can keep the ball, can you score?                             <ul style="list-style-type: none"> <li>◦ With teammates, keep the ball by finding one</li> </ul> </li> </ul>
<p><b>Super Power:</b> Freeze Pinnie</p>	<p><b>Coaching Spectrum:</b> &lt;&lt;&lt;Super Power or Constraint&gt;&gt;&gt;</p>	<p><b>Constraint:</b> Weightlifter</p>