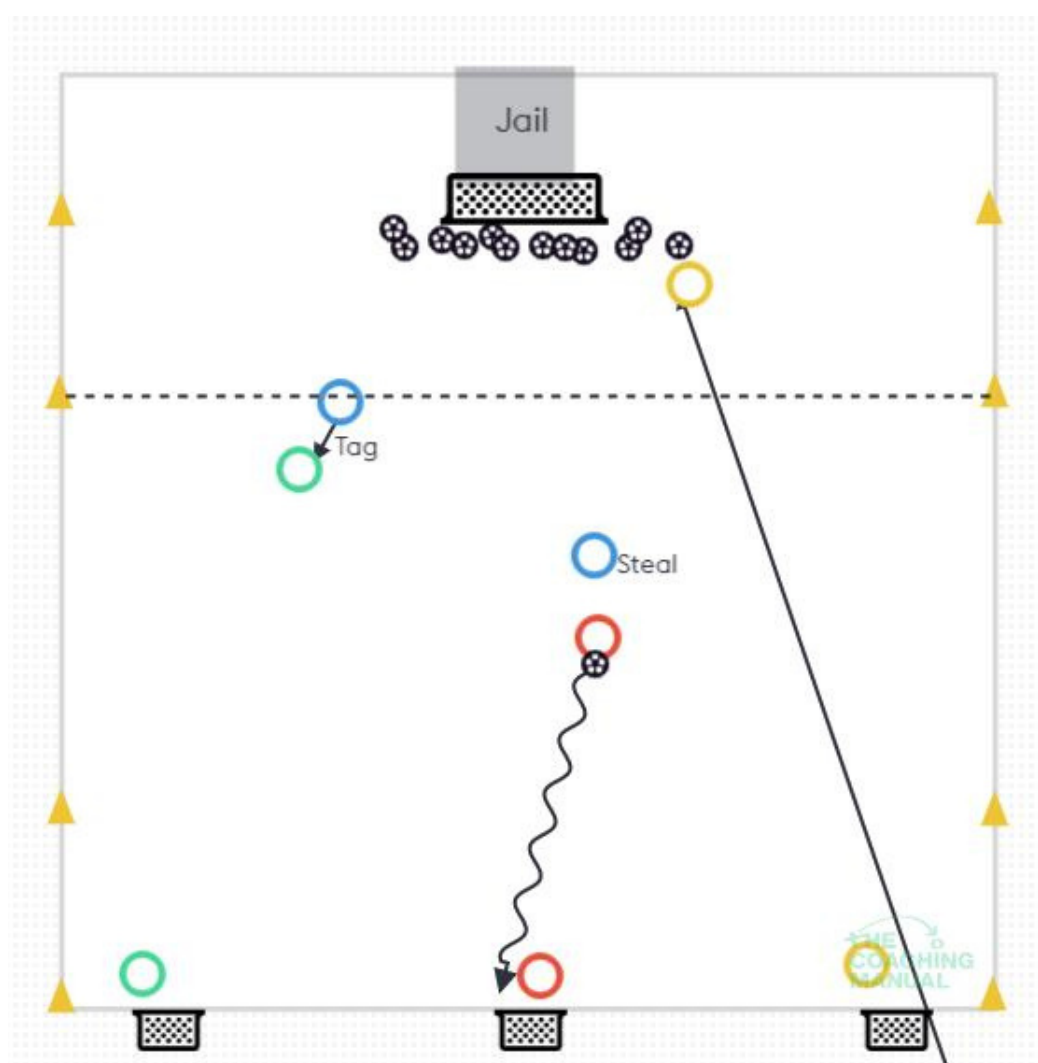# COPS & ROBBERS – 1V1, DRIBBLING & SHOOTING GAME

TECHNICAL

Dribbling
Running With The Ball
Twisting
Teasing
Tackling
Protecting
Shooting

TACTICAL

Dribble or Protect?
Take On or Turn Away?
Dribble or Run With The Ball
Dribble or Shoot?

PHYSICAL

Walking
Sprinting
Jogging
Pushing
Shielding

PSYCH/SOCIAL

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

How To Play: (3-4 minute games)

- 4 Teams
  - Robbers (Red, Green & Yellow)
  - Cops (Blue)
- Robbers must evade the cops and steal a ball to bring back to their hideout
- Cops stop the robbers by tagging them before they enter the "Bank"
  - if a robber is tagged, they go back to their hideout and count to 10

Progressions
(play 2/3x per version before progressing again)

- Cops can steal the ball back to take it back to the bank
- If the cop can steal the ball back and score, the robber goes to "Jail"
  - Robbers can escape jail by a high 5 with their teammates.
- Reduce the balls

Coaching Points		
In Possession (Me)	**In Possession (Team Mate)**	**Out Of Possession**
- Courageous - Can you beat your player? - Dribble/Run With The Ball - Can I Keep The Ball? - Dribble/Protect - Can I find a teammate - create paths with them - pass to feet or space	- Get Away From Danger - Get Away From Team Mate - Create A Clear Path - Communicate - time or man on?	- Get The Ball back - Get/Stay Behind The Ball - Can you win and keep the ball? - Connect with your teammate to score.
Super Power: Freeze Pinnie	**Coaching Spectrum:** <<<Super Power or Constraint>>>	**Constraint:** Weightlifter