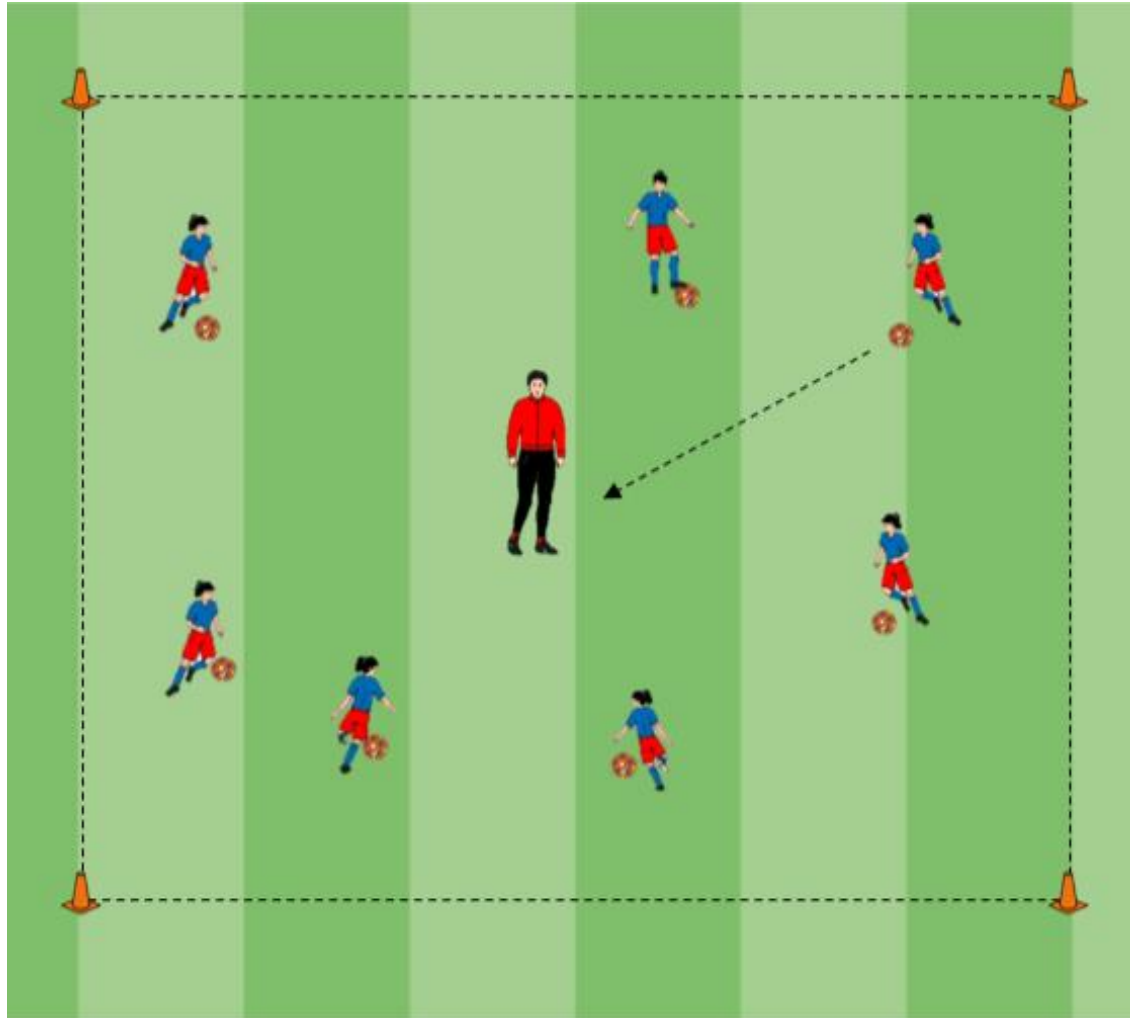


# Big Game Hunter

Game Focus: Develop comfort, control, and power kicking the ball while moving



## How to Play:

- Coach runs around the grid, trying to dodge shots from the team
- Players dribble around the grid, attempting to kick their ball and hit the coach
- When a player succeeds in hitting the coach, they get to choose an animal for the coach to mimic (briefly)
- **Variation:** Line up on one side of the grid and jog back and forth across their line for stationary kicking practice

## Notes:

- The focus of this game is to develop comfort striking the ball and good power. Technique is secondary and should not become a roadblock to the flow of the exercise.
- Remind players to lock their ankle when striking the ball. (Think of the difference between a pool noodle and a baseball bat – which one will hit a ball farther?)

Set-up: use 4 or more cones to mark an area of about 20x20 yards (adjust to suit group size)

