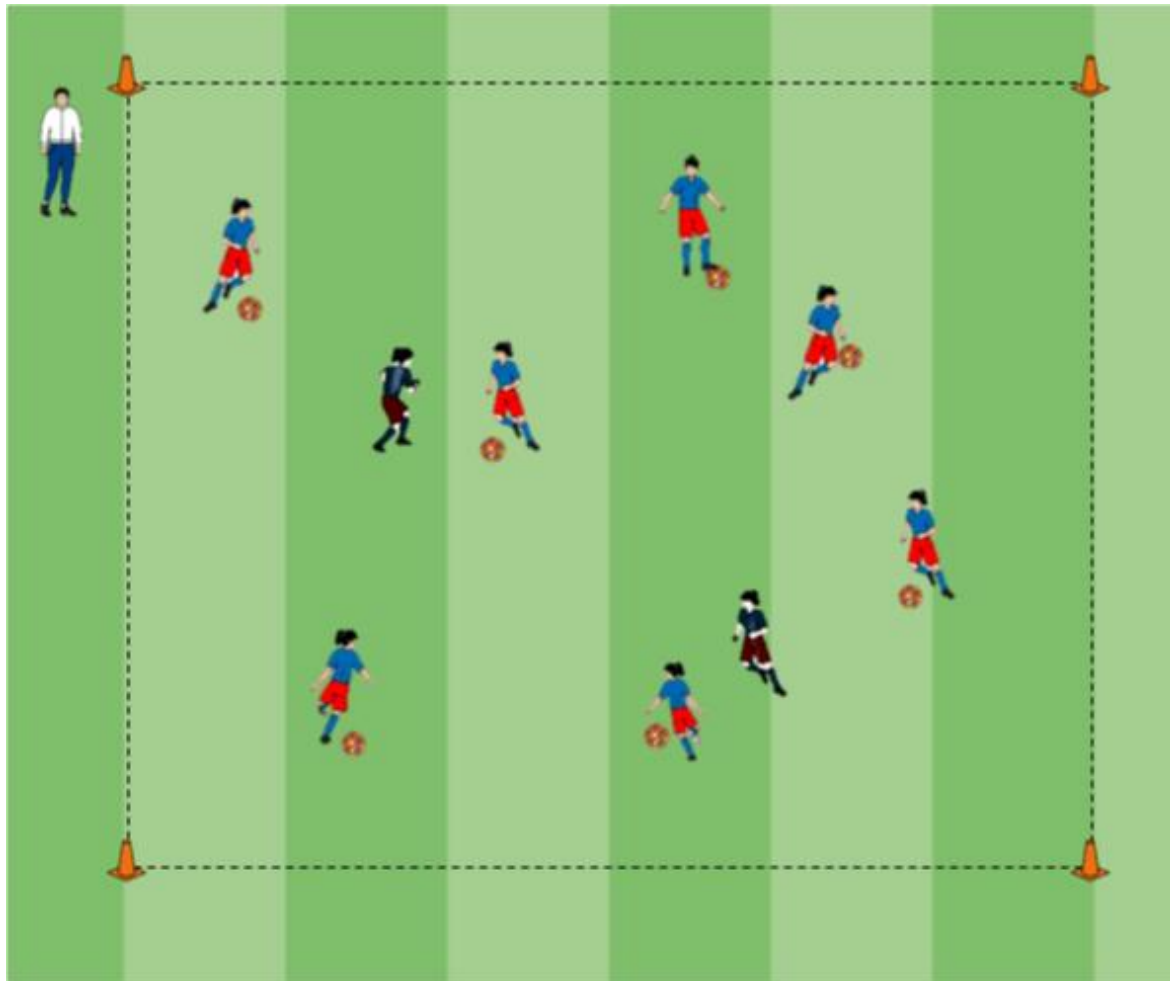


Cops & Robbers

Game Focus: Develop comfort and control dribbling the ball; turning and cutting with all surfaces of the feet



How to Play:

- Choose 1-3 players to be robbers and give a ball to each of the other players (the cops)
- Cops must dribble around, attempting to protect their balls from the robbers
- Robbers attempt to steal the balls from the cops
- When a robber takes the ball away or the forces a cop to put their ball out of bounds, they switch roles
- New robbers must chase another cop rather than the player who's just taken their ball

Notes:

- Encourage cops to use their moves to protect the ball (shielding, dragbacks, etc.)
- Cops should attempt to keep close control of the ball, using all of the surfaces of their feet

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

