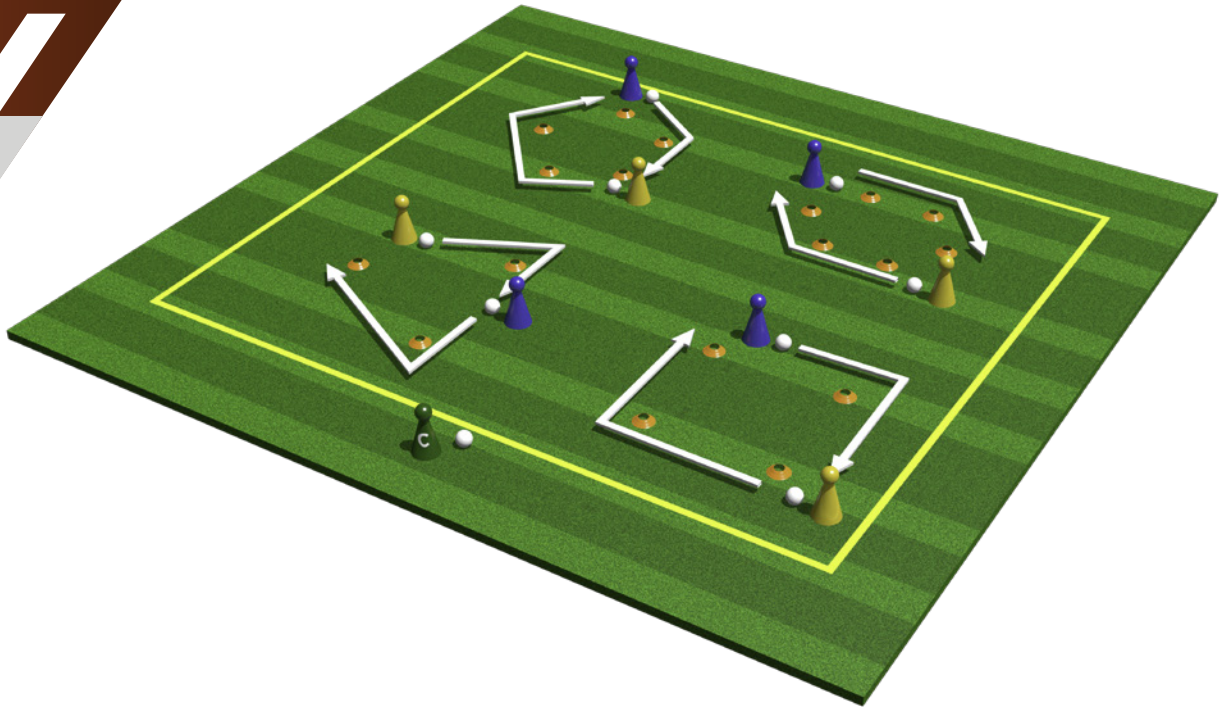


# DRIBBLING - SKILL GAME 7

## THE CHASER



### GAME DESCRIPTION

**THE CHASER:** Set out different courses - example above is based around four different courses with each course being a shape: Square, Triangle, Hexagon and Pentagon. You can add your own shapes to make the game more challenging. The game works with two players to a shape and each player has a ball - the pair decide who's the chaser and who's the runner. Upon go, the chaser has 30s to catch the runner - if the chaser tags the runner within 30s then they get one point. The chaser must be in control of their ball when they tag the runner to count as a good chase. Players can swap roles before moving to the next shape. The game can be played without balls or with one ball [for the Runner].

### SET UP

- Each side of the shape can be anything between 3 - 7m. Shorter distance places more focus on turns.
- 2 balls / 2 players per shape

### COACH TIPS

- Dribbling under pressure challenges composure and touch.
- Encourage players to go around in both directions.
- Encourage players to use their weaker foot. Players can use inside, outside or sole of foot.
- The game only works if players stick to the rules - if the club has the resources, slalom poles or tall cones prevent players from taking short cuts.