

Rob the bank

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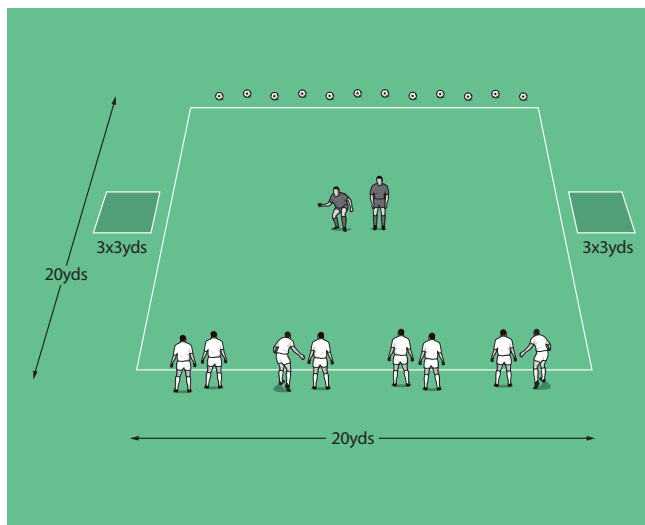


How to play it

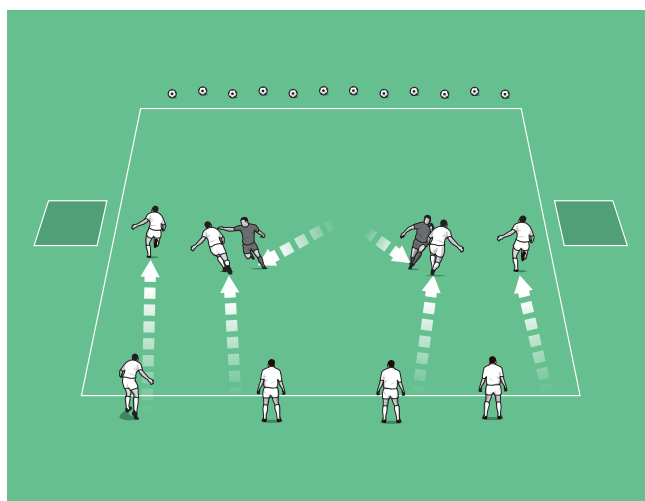
- Here's a game that's great for practising dribbling and passing skills. It's perfect for five- to eight-year-olds, and you can involve the whole squad from the off.
- You'll require some cones and a good number of balls.
- Create an area that's big enough for all your players to dribble in comfortably. For 10 five-year-olds, for instance, I would use a 20-yard square. Outside the area, set up two three-yard squares as 'jails'.
- Place all the spare balls on one side of the playing area. This is the bank.
- Pair up your players – four pairs (the robbers) start at the opposite end to the bank, while the remaining pair (the policemen) begin in the middle.
- Begin with a story "It's midnight - we are going to rob a bank...", and tell your players that the balls in the bank are worth £1,000 each!
- On your command, one player from each pair tries to run to the bank, capture a ball and take it back to their partner.
- If touched by a policeman before making it to the bank, he has to run back to his partner to tag him and let him try to get to the bank.
- If a player makes it to the bank, he has a decision to make: does he dribble or pass it back to his partner? A misplaced pass means play restarts, though if he is caught in possession of a ball at any time, it goes back to the bank, and he moves to one of the jails. Here, he performs two or three star jumps before going back to his partner.
- If the ball does make it back to the partner without the player being caught 'red-handed', the pair has won £1,000.
- Whatever the outcome, the other player goes next, and teams continue until all the balls are captured. The pair with the most 'money' is the winner.
- Now change policemen and play again.

Technique and tactics

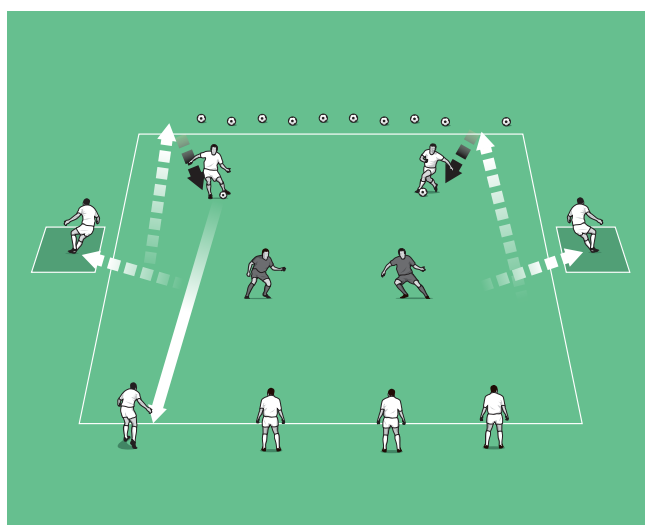
- Players must look for distractions and diversions. Speed and timing is crucial, with players capitalising on policemen engaged with other players. And close control is important too!
- Ensure you ask your players how they come to their decision of whether to dribble the ball back to their partner or whether to pass it back.



Robbers, working in pairs begin on the left, and must find a way past the two policemen, who are protecting the bank



Two of the robbers are tagged by policemen, but another two find a way past



The tagged players have to go 'jail', while each player who has stolen the money must find a way to get it back to his partner – either via a long pass, or a dribble

