



Football3Color

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Training for ages 6-8

Game: Playing catch-up using the football3color method

Skill: dribbling with the 6 parts of the 2 feet. Vision, change of direction, quick response

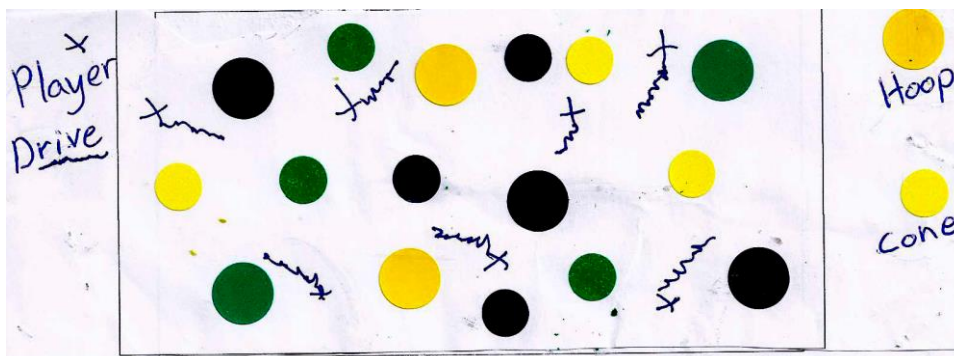
Number of players: All the Group

Equipment: 36 cones (12 yellow, 12 green, 12 black), 18 Hoops (6 of each color), ball and football3color shoes for each player and 4 cones to mark the field

Field requirement: 30x30 yards

Organization: dispersion of all the equipment in the field

How the game is played? Coach selects player that will be the catching player. All the players are scattered on the field. When the coach whistles; everyone running dribbled with football3color method. Color shoes matching the accessories colors. Catcher his dribbling and has to touch another player who is caught becomes the catcher



Variations:

1. Dribbling with fixed order accessory yellow, green and black and included the catcher
2. Dribbling around the Hoops should be 360 degrees. Included the catcher.
3. When the coach whistle while the game who manages to get into the ring is protected from the catcher and after a few time the coach whistle again to release them