

## Warm Up Activity - #15 / Cops and Robbers

Start Game – 15 Minutes

### Organisation/ Explanation

- Playing Area: 25m x 25m.
- Arrange a group of players with a ball each to act as the robbers.
- Get two defenders to act as cops.
- The robbers must attempt to dribble their balls to the opposite end line.
- The cops must try to tackle the robbers.
- If the cops manage to tackle a robber then they also become cops.
- The last player to be tackled is the winner.
- You then pick two new cops and the practice is repeated.

### Coaching Remarks

- Encourage players to get their head up.
- Encourage player to keep the ball close.
- Concentrate on using both feet.
- Encourage players to move quickly.

### Diagram

