

# Beep, beep!

This simple little game is excellent for improving the co-ordination and balance of very young players. It also helps them get used to finding space and changing direction.

**Number of players:** Whole team.

**Equipment required:** Flat cones, a ball for every player.

**Age group:** U4s to U8s.

**Set-up:** Create a playing area big enough for all your players to move around in freely.

Give each player a flat cone to hold. They are told to pretend that they are cars and the cone is their steering wheel.

**How to play:** Begin the game by telling your players to move in different ways around the playing area – forwards, with little steps, big steps, hop, move sideways, go backwards, etc.

- Encourage your players to keep their heads up and avoid crashing their car. Tell them to use their horn and go “beep, beep” if another “car” comes too close.
- Progress the game by giving the players a ball each. Now they dribble their ball around in the grid, again trying to avoid “crashing” into another player.

## **Coaching points:**

Encourage players to move around the grid with their heads up and look for spaces to move into.

## **Ask:**

- How can you avoid crashing your car?
- Should you look at the ball while you’re dribbling? Why not?

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