

The Blob



The Game: All players with the exception of two begin with balls. The players with balls dribble around the designated area. The two players without balls link arms (The Blob) and chase the players with the balls. When “The Blob” knocks one of the dribblers’ balls out of the area that player joins up with “The Blob”.

Once the Blob has 4 players, it can break into two groups of 2. This will make it more difficult for the dribbling players.

Variation: *You can begin this activity without balls. The movements of the tag game will get the players prepared to play soccer!*

If you enjoy this exercise Coach Donahue recommends:

Possible next Activity:

The City Game

Dribbling becomes Possession

Match Related Game:

5v5 Must be Over Half Field

Four Goal Game