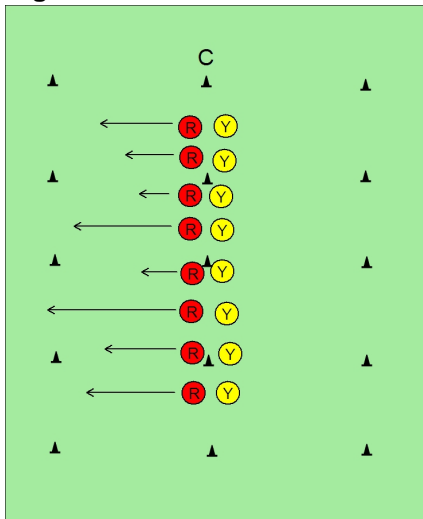




High five

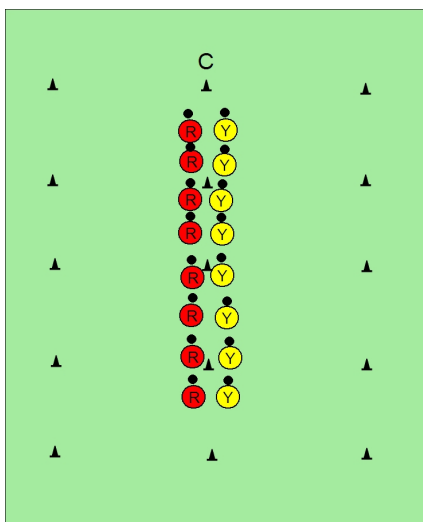


How it works

Two teams stand next to each other in pairs in the middle of a large playing area. The coach gives the following instructions for players to follow:

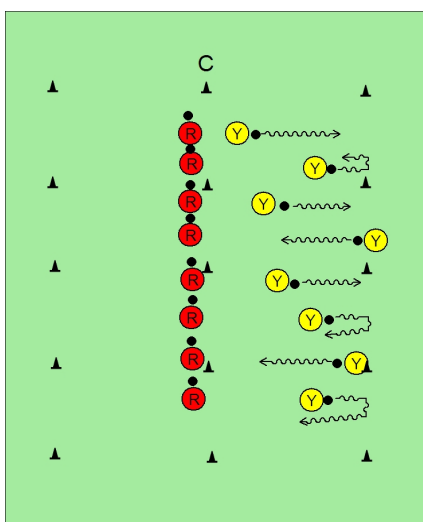
- 1 - the red team runs to the edge of the playing area and back to the middle;
- 2 - the yellow team runs to the edge of the playing area and back to the middle;
- 3 - both teams run to the edge of the playing area and back to the middle;
- 4 - all players fall to the ground as if fouled, scream in pain and then get back up on their feet quickly;
- 5 - players turn to each other and give partner a 'high five;'
- 6 - all players jump up and pretend to head a ball.

Introduce the instructions more gradually depending on the age and experience of the players. (Warn players to be careful when returning to the middle in order to prevent collisions).



Players then get a ball each and the coach gives the following instructions for players to follow:

- 1 - the red team dribbles ball to the edge of the playing area and back to the middle;
- 2 - the yellow team dribbles ball to the edge of the playing area and back to the middle;
- 3 - both teams dribble ball to the edge of the playing area and back to the middle;
- 4 - all players fall to the ground as if fouled, scream in pain then get back up on their feet quickly;
- 5 - players pick up the ball, turn to each other and give partner a 'high five' by hitting the balls against each other;
- 6 - all players throw ball in the air and jump up to catch it, bringing ball into chest like a goalkeeper.



Possible changes

Make up some of your own instructions to follow or add more to really get them thinking.

Speed up the calls to add an extra challenge or, for example, call four whilst a team is dribbling so they have to drop to the ground whilst on the move.