

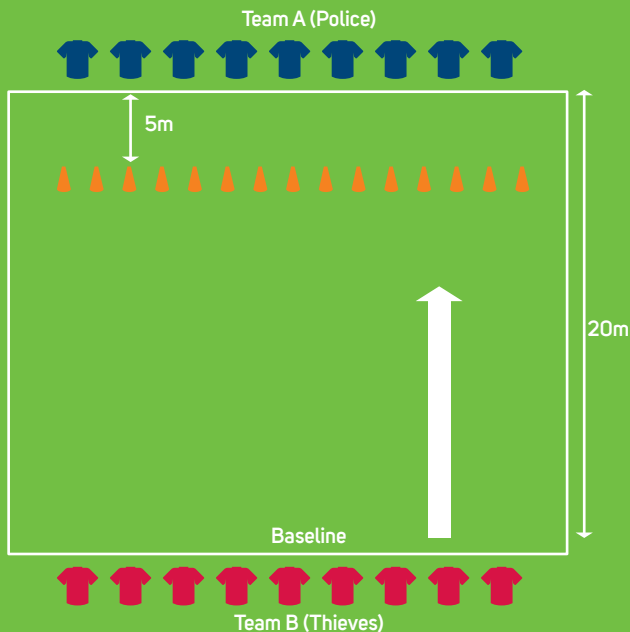
COORDINATION

GONDI SINYA

(THIEF VS POLICE)

PARTICIPANTS
8 OR MORE

EQUIPMENT
CONES
FOOTBALL
BIBS



What to do

Divide the team into two, each team stands at the baseline. The game begins when team A (police) is in possession of the cones. Team B (thieves) will run across the field trying to steal the cones from team A. A member of the police team will try to chase the thief before reaching the touchline of their team. If the thief is caught the cone is returned and the thief is out, reducing the players from the thief team. In case the thief is not caught the police is out. In the second half the teams change roles.

VARIATION:

Replace the cones with footballs and instruct the players to dribble the football back to the baseline.

FOLLOW UP DISCUSSION

How was the drill?

The drill focuses on understanding the perpetrator and the victim.

Share the different experiences during which one was a “thief” and when they changed to a “police” and vice versa.

Everyone has a chance to change.

Coaching tips: Quick runs, finding space.