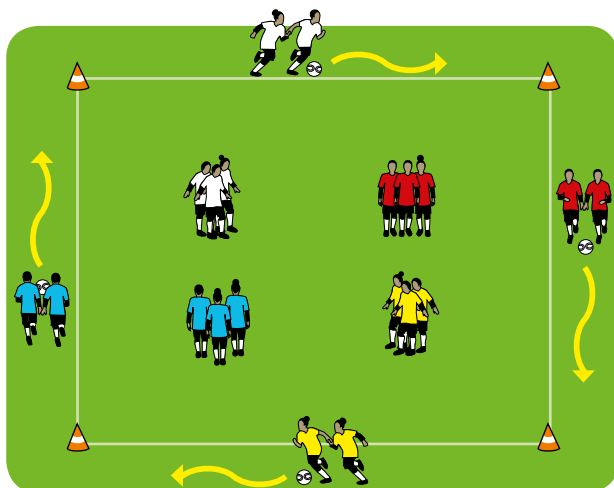


## Dealing with Pressure

Age: 15 years up

# RUNNING & DRIBBLING AROUND THE WORLD

## DRIBBLING



4



4



0



20



0



20 minutes

### DESCRIPTION

Mark a field sized approximately 15 m x 15 m.

Divide the players up in 4 teams. Every teams starts at one corner point of the field. The teams are running against each other around the field.

The teams have to run 20 rounds each in total. 15 rounds they have to dribble with only one ball on the feet. From these 15 rounds they have to dribble eight rounds single, two rounds as a couple, two rounds as a threesome, two rounds with four and one round with five players. While dribbling they have to grab each other's hand. Five rounds the teams have to run without ball.

The teams shall develop a running/dribbling strategy how to manage the 20 rounds. They have the free choice.

As a help, the teams get a schedule where they can write in the names of the players. So they can plan which player will run in which round. It is also a control tool for the team. By this they do not have to run in the same sequence as in the schedule is written. It is part of the strategy to find the best running solution.

### VARIATIONS

- If you do not have 20 players, you can do this game also with only 3 or 2 teams.
- Changing the number of rounds
- Changing the number of rounds to dribble with ball
- Changing the size of the teams

### COMPETENCE GAIN

In life as well as in your job there could be very complex situations which can put a lot of pressure on you. A lot of such situations you cannot solve on your own. Then you need substitution from your colleagues. Together you will be able to manage it.

### QUESTIONS FOR REFLECTION

- What did you do in this game?  
How did you do it?
- What was your strategy?  
Could you do like you wanted to?
- What do you think?  
Did you work well together? Why?
- How did you deal with the pressure?  
What could you change for the next time?