

# Warm Up Game

## PAC-MAN

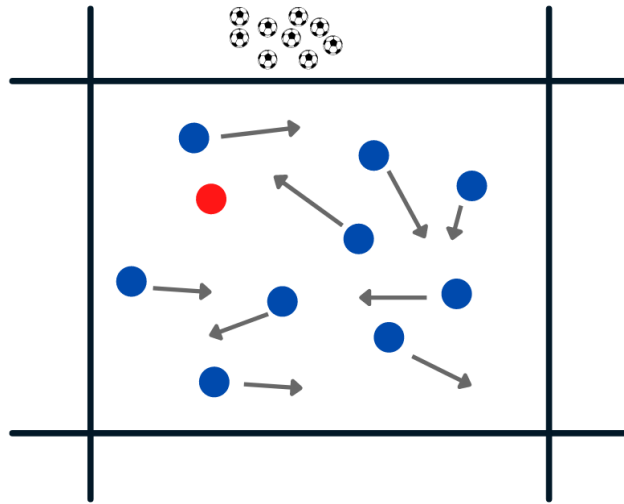


**Age:** 6-8 and 9-11

**Players:** 12

**Topic:** Passing And Turning

**Duration:** 15 Mins



### Set Up The Drill:

Set up a 20x20 yard grid using small cones. Have a supply of balls grouped together outside of the grid. You should have enough balls for every player.

### Instructions:

Designate 1 or 2 of the players to start the game as 'Ghosts'. The ghosts start outside the grid next to the balls. All of the other players are Pac-Mans and start inside the grid without a ball. Upon the coach's call, the ghosts enter the grid with a ball each and try to catch the Pac-Mans by executing a push pass and hitting them below the knee with the ball. The Pac-Mans try to dodge the balls and avoid being hit. Once a Pac-Man gets hit they become a ghost, exit the grid, get their own ball and try and catch the remaining players in the same way. The last Pac-Man to be caught wins the game. Repeat the game with the winner starting as the new ghost.

### Variation:

The coach starts as the ghost and all players start as the Pac-Mans.

### Coaching Points:

- Correction execution of the push pass; Approach at an angle, have your Balance over the ball, and make contact with the Center of the ball using the inside of the foot.
- Play with your head up both with and without the ball.
- Use of tricks and sharp turns to surprise the Pac-Mans and catch them!