

# What's The Time, Mr. Wolf?



**Age:** 4-5 Years

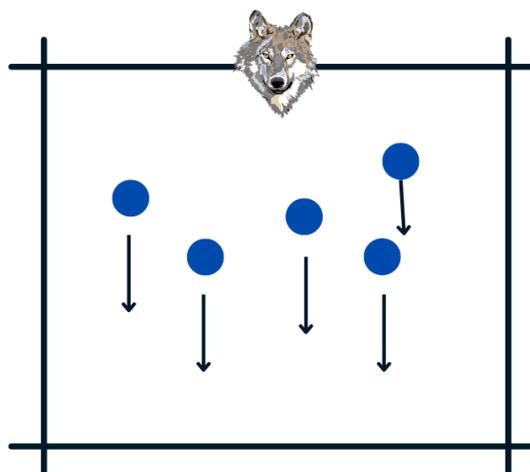
**Players:** 8-12

**Topic:** Warm-Up

**Sub Topic:**

Dribbling/turning

**Duration:** 15 Mins



## Set Up The Drill:

Set up a 20×25-yard grid using small cones. Have enough balls for one ball per player. Have all players stand at one end of the grid, and choose one player to be the first 'wolf' and place them at the other end of the grid. Alternatively, to make it more fun, you can start as the first wolf.

## Instructions:

To begin, all players must shout "What's the time Mr. Wolf?", and the Wolf should respond with a time between 1-12 o'clock (e.g., "It's six o'clock."). After hearing the time, the players take the corresponding amount of steps forward. So, for example, if it is 'six o'clock', players should take six steps forward. Next, players ask again "What's the time Mr. Wolf?", and after hearing the answer, the players again take the corresponding amount of steps forward.

The game continues like this until the 'Wolf' shouts "Dinner Time!", at which point all players must turn and run back to the end of the grid before the wolf tags them. Any player that is tagged, becomes another wolf and tries to tag players the next time "Dinner Time" is called. Play until only one player is left. That player is the winner.

## Progression:

Give each player a ball. When Mr Wolf calls out a time they must take the equivalent amount of touches of the ball as they progress through the grid. Each time they stop they should put their foot on the top of the ball to stop it.

When Mr. Wolf shouts "Dinner Time" they need to complete a drag-back turn and dribble back to the end of the grid without losing their soccer ball. (Instead of tagging, the wolves now try and kick the player's balls out of the grid).

## Coaching Points:

- Take small touches with the soccer ball using the inside, outside, and top of your feet.
- Correct execution of the drag back turns to get away from Mr. Wolf.
- Dribble as fast as you can without losing possession of your ball.
- Don't worry if you get caught; you get to be a wolf with the coach!