

CAT AND MOUSE

GAME DETAILS:

Theme: Defensive body positioning

Field Location: Anywhere

Field Position: All

Time Needed: 5-10 minutes

Athlete Development Stage: Any

OBJECTIVE:

This game is played in groups of 3, reinforcing defensive body positioning and communication.

DESCRIPTION:

Coach sets up a 4 cone 5 x 5-yard box. 3 players are in each box. Assign each player a position: cat, mouse, or grandma/grandpa.

EXECUTION:

The cat tries to "catch" the mouse, while grandparent protects the mouse by staying in front of the cat. If the cat tags the mouse, then the three switch roles and play again. Play until each athlete has been in all roles.

SKILLS PRACTICED: S

- Defensive body positioning
- Vision
- Communication

VARIATIONS:

- Change the size of the box
- Add more players in different positions

DIAGRAM:

