



## Sleeping Dragon

### Objective - Dribbling skills

All players enter centre circle which is known as the circle of safety where they cannot be tagged.

One coach is positioned outside the centre circle & the other coach lies in the six yard box as the sleeping dragon.

Players leave the circle, get a piece of treasure and bring it back to the circle. As soon as the players reach the treasure, the dragon wakes up and tries to tag the players before they can get the treasure.

If a player is tagged, they must go back to the circle of safety do five toe taps and go again.

The coach sets a time limit that all the treasure needs to be back in. The coach can then appoint one of the players as the next dragon and play the game again.

### Coaching Points

Keep the ball close

Encourage use of both feet and use of all parts of foot

Keep nose in front of the ball so you can see where the dragon and the treasure is