



Cowboys & Indians

Coaching Session Plan

Drill Name:	Cowboys & Indians
Objectives:	<ol style="list-style-type: none"> 1. Ball control. 2. Accelerate past opposition.
Ages:	U6 to U10
Organisation:	<ul style="list-style-type: none"> • Discs for a 20m x 20m grid. • 1 ball per player.
Activity:	<ol style="list-style-type: none"> 1. Players (cowboys) must get past opposition (Indians) with their ball to reach the opposite side of grid. 2. If Indian kicks out Cowboys ball then Cowboy joins Indians. Last Cowboy left is the winner. 3. Start with coach as 1st Indian (making appropriate Indian sounds), allow 1 or 2 runs without kicking out a ball to demonstrate success. 4. Then kick out 2 players balls so form Indians. 5. If Indians approach Cowboys too quickly define a middle area for Indians to patrol.
Coaching:	<ol style="list-style-type: none"> 1. Cowboys – Keep close control of the ball until you go past an Indian. 2. When going past an Indian push ball past Indian with laces. 3. Accelerate fast past Indian.
Diagram:	
Progression:	<ol style="list-style-type: none"> 1. Set up several goals at each end so that Cowboys shoot into goal after they dribble.
Other:	<p>This drill can be lots of fun. Encourage Indians to make Indian sounds and Cowboys to “yahoo” as they cross the line.</p> <p>If there are aggressive Indians and no success then try a defined area that Indians must stay in.</p> <p>Also there is no reason why the Indians cannot be parents / coaches who are instructed to allow success. This will enable coach to really praise lots of success.</p>