

British Bulldog

Warm Up Game

British Bulldog

Players attempt to get to the other end without getting tagged by the bulldog.

Progressions

- Make bulldogs join hands or make them get in the crab position.
- Introduce balls and make them dribble to the other side.

Coaching Points

- Use speed and fakes to try and beat the bulldog(s)
- Keep the ball close and under control at all times.
- look up to see where the bulldogs and other players are so you can avoid trouble altogether.
- Emphasize good dribbling/running with the ball technique.

