

| Date: | 5/Jul/2019 | Measurement: $20 \times 20$ |  |
| :--- | :--- | :--- | :--- |
| Time: | N/A:N/A | Players: | 7 |
| Duration: | $\mathrm{N} / \mathrm{A}$ | Level: |  |

## Objective:


#### Abstract

Description: $\quad 4 \mathrm{v} 4$ Game. Three different sized/shaped balls, all in play at the same time. One team starts with two balls, the other with one ball. In the next game, the other team starts with two balls. Each game lasts for two minutes, with a timer to let everyone know when the game's finished. Each team tries to get more balls than their opponents. When the timer ends, the team with the most balls wins. If a player tags a ball carrier, the ball carrier must give them the ball and can not tag them staight back, but must go to another player.

Coaching Points: Rather than be tagged, a ball carrier can throw the ball to a team mate. However, they are only allowed to have one ball in their possession. If a ball goes out of play, the team that didn't touch it last gains possession.


Progression:

