

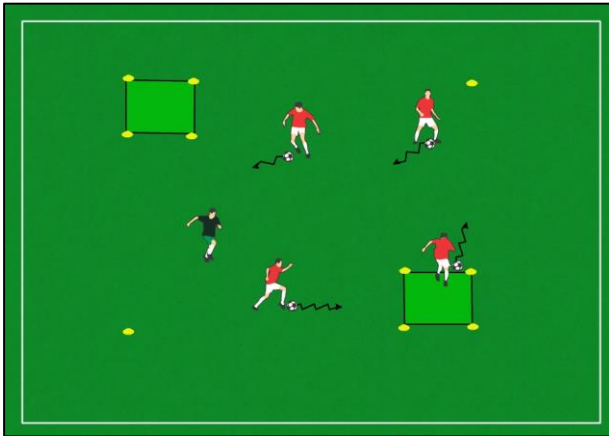


Core skill: Running with the ball

Difficulty level ★★☆☆

BUGS BUNNY

Beginning activity



Players running with a ball inside the grid are the “rabbits” while the defender is trying to kick their ball away.

Players can enter the safe zone or “rabbit hole” where the defender cannot enter.

Players can only stay inside the safe zone for 10 seconds and one player is allowed in the safe zone at a time.

You can step up the challenge by having several defenders or by making the grid smaller. You can also play dribble tag where everyone has a ball and the defender tries to tag other players.

Set up: In an area approximately 20m x 20m (depending on numbers) there are two “safe zones” or “caves” approximately 3m x 3m. Each player has a ball except for the defender.