

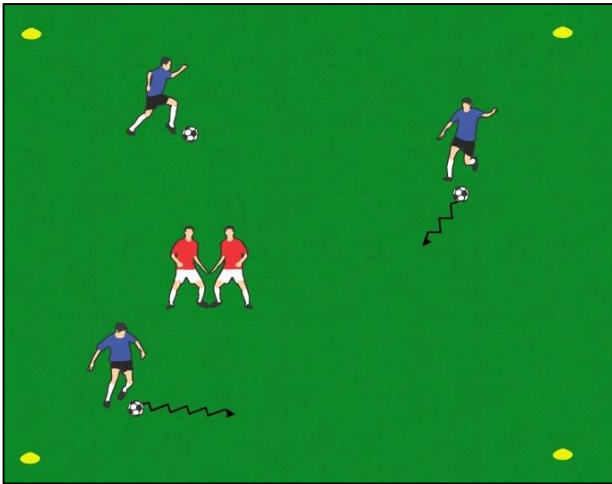


Core skill: Running with the ball

Difficulty level ★☆☆

## DOUBLE TROUBLE

### Beginning activity



Two players link hands and become defenders. While linking hands they attempt to kick all of the balls out of the grid.

All other players stand inside the area with a ball each and run with the ball avoiding the two defenders.

**Note:** Change defenders regularly. Make sure players are still active once their ball is kicked out of the grid. They can juggle or pass on the side or the coach may allow them to re-enter or become a defender.

**Equipment:** Place four cones to form an area approximately 15m x 15m (depending on the number of players)