



Core skill: Running with the ball

Difficulty level ★★☆☆

EMPTY IT - FILL IT

Middle activity



Players are divided into two teams and dribble freely inside the square.

When the coach calls “EMPTY IT” the players run with the ball and deposit them within zone 2, and then will run & line up in zone 1 without their ball.

The coach calls “FILL IT” players will run to zone 2 to collect their ball and re-enter the grid and dribble with their ball.

Set up: In a square grid approx. 15m x 15m.

There are two “zones” approx. 5m apart, 5m outside the grid (shown in diagram)