

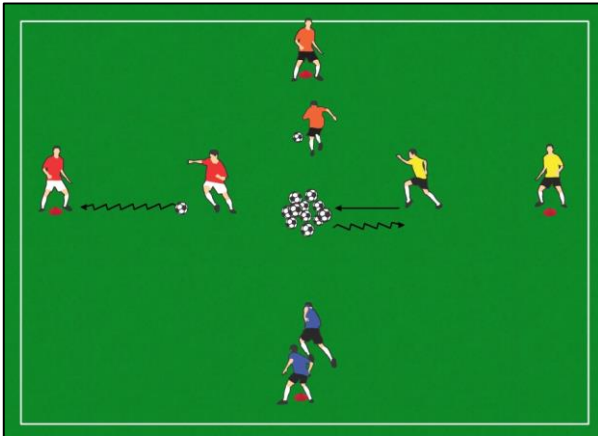


Core skill: Running with the ball

Difficulty level ★☆☆

ROB THE NEST

Middle activity



Players form groups of two and stand in their allocated zone or “nest.”

One at a time, a player from each group will run and take a ball from the middle pile using their feet and then dribble the ball back to their team’s nest, on arrival their partner will run and do the same.

Once all the balls are gone from the middle, players can then steal balls from other team’s piles. The team with the most balls or “eggs” in their teams “nest” when the Coach calls time is the winner.

Set up: Gather a pile of the balls and place them in the middle.

Place cones 5-7m away from the balls (for each group)