

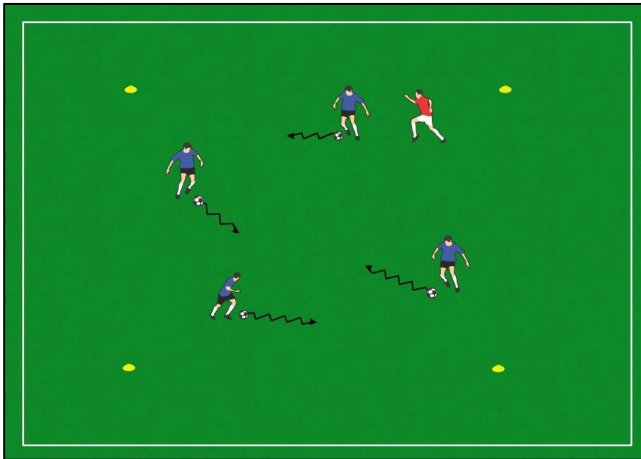


Core skill: Running with the ball

Difficulty level ★☆☆

ROUND EM UP

Middle activity



Each player starts with a ball each and dribbles freely inside the square.

There is one defender without a ball.

When the coach calls “Round em up!” the defender tries to ‘round up’ all the balls by kicking them outside of the square.

Set up: In an area approximately 10 by 15m using four markers. One bib to distinguish who the defender is.