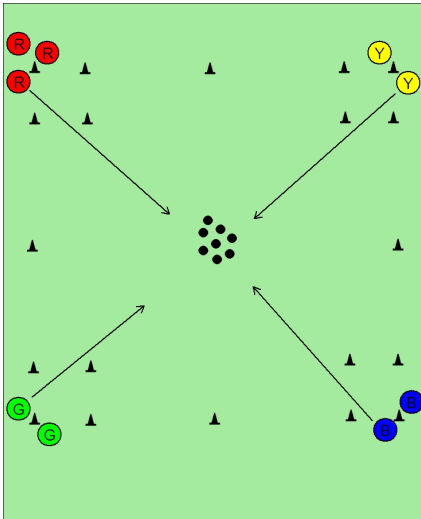




Four grids - dribbling

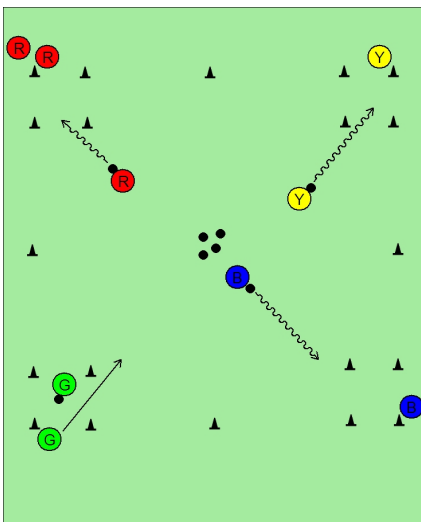
Ball thief



How it works

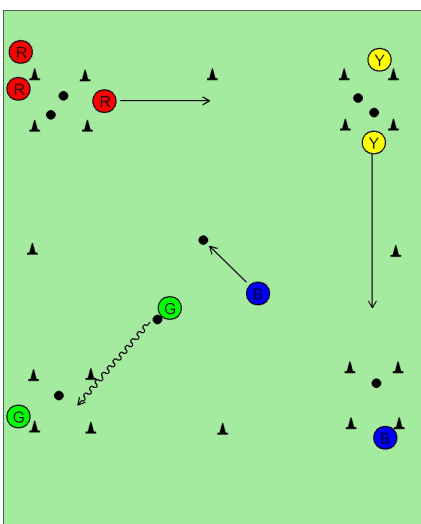
Teams of two or three players start outside each grid at the corners of the playing area.

On a signal from the coach, the first player from each team runs into the middle of the playing area.



Players must then dribble a ball back to the team's square.

The ball must be stopped inside the square before the next player in the team can go and do the same.



In this diagram the bottom right team are just about to get the last ball from the middle of the playing area. When this happens players are allowed to become a ball thief and steal one from another team's square. The first team to get three balls inside their square is the winner. Put the balls back in the middle and play again.

Possible changes

Start with a lot of balls and then take one out of the middle after each game to make it gradually more and more difficult.

One player from each team can play the whole game rather than doing a relay. You could have a competition with knock-out rounds and semi-finals/finals to get a Ball Thief Champion. (This can be very tiring so allow recovery team between rounds).