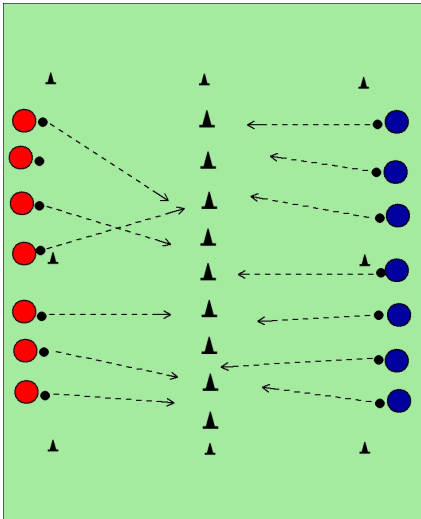




Skittle ball



How it works

Two teams stand at each side of a rectangular playing area with each player having a ball.

A number of target cones are spaced out half way between the two teams.

On a signal from the coach, players try to pass their ball to hit one of the target cones in the centre of the playing area.

On hitting one, the player runs into the middle and claims it for their team.

Once the game has started many balls will switch from one side to the other as players try to hit the target cones.

Players may go into the playing area to get an unused ball but they must bring it back to the edge of the playing area before passing at a target ball.

Play several times and keep a running score.