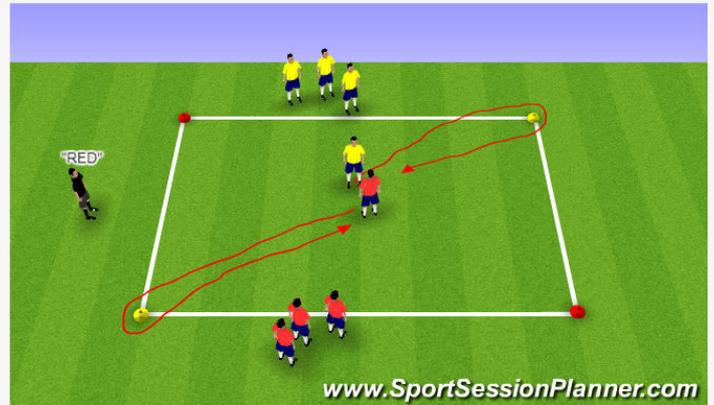




Description

Simon Says 8a (10 mins)

Players 2-8 Grid: 10x10 or 12x12 Set Up: Same as 1a



1v1 Transition Game (20 mins)

Players 6-15 Grid: 15x15 or bigger Set up: - Player A starts on the ball going 1v1 with player B. If player A scores or misses his shot, player C starts from his line with a ball and attacks player A. Player B goes to the back of his teams line. Once player C shoots then player D starts with a ball and attacks player C. This continues either for a time limit or to a score limit. The player defender may steal the ball and score on the opposing teams goal at any time. - This game is very tiring and can be used as a conditioning and shooting drill so be careful with how long you have the players do it, especially if your numbers are low.

