

## Capture The Ball

**Emphasis:** Dribbling



**Set-up:**

Make a 30x30 yard grid. In all four corners of the grid, place four 10x10 yard zones. Within each of the zones are three to four players, depending on how many you have. Place an equal amount of balls in each of the four grids.

**Objective:**

At the start of the game, any or all team members may venture out and try and enter an opposing teams grid, steal a ball, and dribble it back to their own grid without losing possession. Only one player can guard the grid at a time. The team with the most balls after a minute wins the game.

**Progression:**

1. Make the grid smaller.
2. Eliminate the guarding player.

**Coaching Points:**

- Attack in numbers.
- Communication between each team is crucial.