

Find A New Ball

GameFocus/ObjectivesTransition/ResetProgression

1. Groups of 5-10
2. Every player to have a ball
3. Restricted area
4. Each player runs with ball in area
5. On whistle all the players leave the ball and find another

Competitive – last player is “out”

1. Pre scanning
2. Awareness of what is around them
3. Speed and control of ball

1. Restart when all are out
2. Make sure groups are not too big in case “out” player has to stand around

1. Speed of running
2. Type of stick control – reverse, forehand etc

