

Queen of the squares

4x10x10m squares in a square (20*20).

Players carry the ball around all the squares.

Cones used to give players instruction. Green- sprint, Orange- jogging, Red- stop.

Progression 1: Introduce a defender. Defender attempts to eliminate a ball from the square. When the defender eliminates a ball they are now a ball carrier and the ball carrier is a defender.

Progression 2: 'Free for all'. Everyone has a ball and is in just 1 of the small squares. Players attempt to eliminate their opponents. If eliminated, move to next square and repeat as more people join the second square