

GO GET 'EM CIRCLE

GAME DETAILS:

Theme: Offense and Defense; Forcing a Turnover

Field Location: Goal Circle/Crease

Field Position: All

Time Needed: 5-10 minutes

Athlete Development Stage: Foundations, Emerging Competition, Competitive, High Performance

OBJECTIVE:

This game is played in two teams. Offense is trying to score while defense attempts to stop the ball.

DESCRIPTION:

Set up alternating lines of offense and defense around the crease or goal circle. Coach stands to the side with a pile of balls.

EXECUTION:

Two teams of players run in a circle around the goal. When the coach calls one of the players name, that player must run out and scoop the ground ball. Offense (O) will try to score, Defense (D) is trying to clear the ball. Each group of players gets 3 reps before substituting out.

SKILLS PRACTICED:

- Ground Balls
- Passing, Catching, Shooting
- Off Ball Play

VARIATIONS:

- Add or subtract players to change the level of difficulty

DIAGRAM:

