



Monkey in the Middle

Appropriate Age Group: 6-10

Skill(s) Practiced: Pass, Catch, Scoop, Movement

Drill Duration: 5 minutes

Resources: Cones, sticks, balls

Description: Players are divided into groups of three and placed into a 15yd x 15yd box. Two players are on offense and one is on defense. The offense's job is to make as many passes and catches as possible. The defender is trying to knockdown or intercept the passes. If the defender succeeds, they choose one of the offensive players to replace them.

Progression(s): Switch top hand on the stick.

Drill Diagram:

