

HUNGRY HIPPOS

GAME DETAILS:

Theme: Reinforcement of Fundamentals (Ground balls, passing, catching)

Field Location: Anywhere

Field Position: All

Time Needed: 5-10 minutes

Athlete Development Stage: All

OBJECTIVE:

Athletes get the most balls for their team.

DESCRIPTION:

You will need a minimum of 3-4 balls per player and 5 cones. Set up cones in a "+" shape. Place all balls in the center. Players are positioned in equal lines at each end of the "+".

EXECUTION:

When the coach says "go", players run to the middle and pick up a ground ball.

SKILLS PRACTICED:

- Scooping, passing, catching

VARIATIONS:

Pass to a teammate on the way back. Add a box; players must run through box and dodge a coach before returning to their team. Set up 4 cages (one per line facing the line) in the middle, and players must score instead of picking up a ground ball.

DIAGRAM:

