

MESSY BACKYARD

GAME DETAILS:

Theme: Ground Balls

Field Location: Any

Field Position: All

Time Needed: 5-10 minutes

Athlete Development Stage: Discovery, Foundations, Fundamentals

OBJECTIVE:

Players try to keep the balls away from their side of the field. The team with the fewest number of balls wins.

DESCRIPTION:

Players are divided into two teams, with each team being placed on one half of the field. The coach scatters an equal number of balls on each half of the field.

EXECUTION:

You will need a minimum of 3-4 balls per player. When the coach says “go”, players run around, scoop a ball on their side and roll it onto the other side. After 1-2 minutes, stop play and have the players count the number of balls on their side.

SKILLS PRACTICED:

- Scooping, Throwing, Cradling

VARIATIONS:

Change hands for pick up. Vary the field size and the number of balls available.

DIAGRAM:

