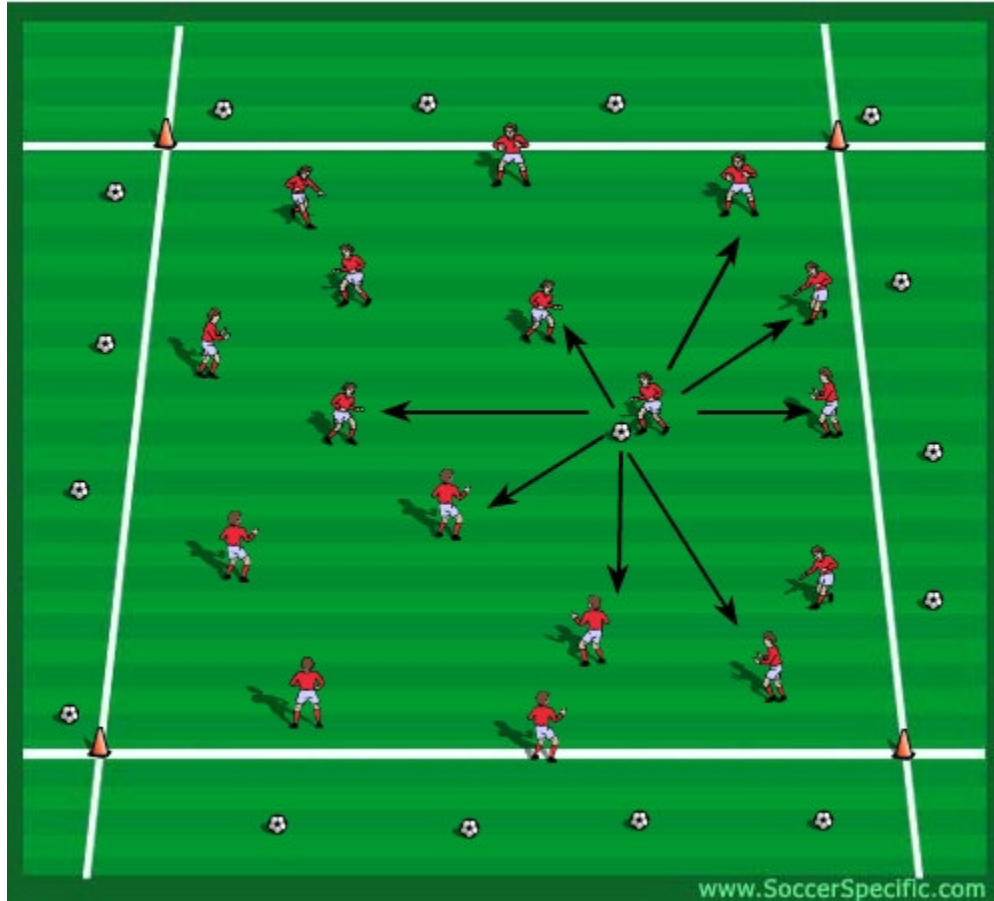


Ghost Busters

Emphasis: Changing direction and changing speeds while maintaining control of the ball.



Set-up:

Grid size should be approximately 20 x 20 yards. One player starts with a ball. The rest of the players are randomly spread out within the grid. All the rest of the balls are placed around the outside of the grid.

Objective:

To have fun while gaining multiple touches on the ball.

Progression:

1. Player with ball (ghost) starts by running with the ball at the rest of the players (Pac-man).
2. After a player has been hit by the ball below the waist they proceed to the outside of the grid and grab a ball. The player must first work on a specific skill before reentering the grid. Example being ball taps or juggling.
3. The last Pac-man left is the winner.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and men
- Be deceptive and utilize the inside and outside of the feet changing direction quickly
- Attack players with the ball