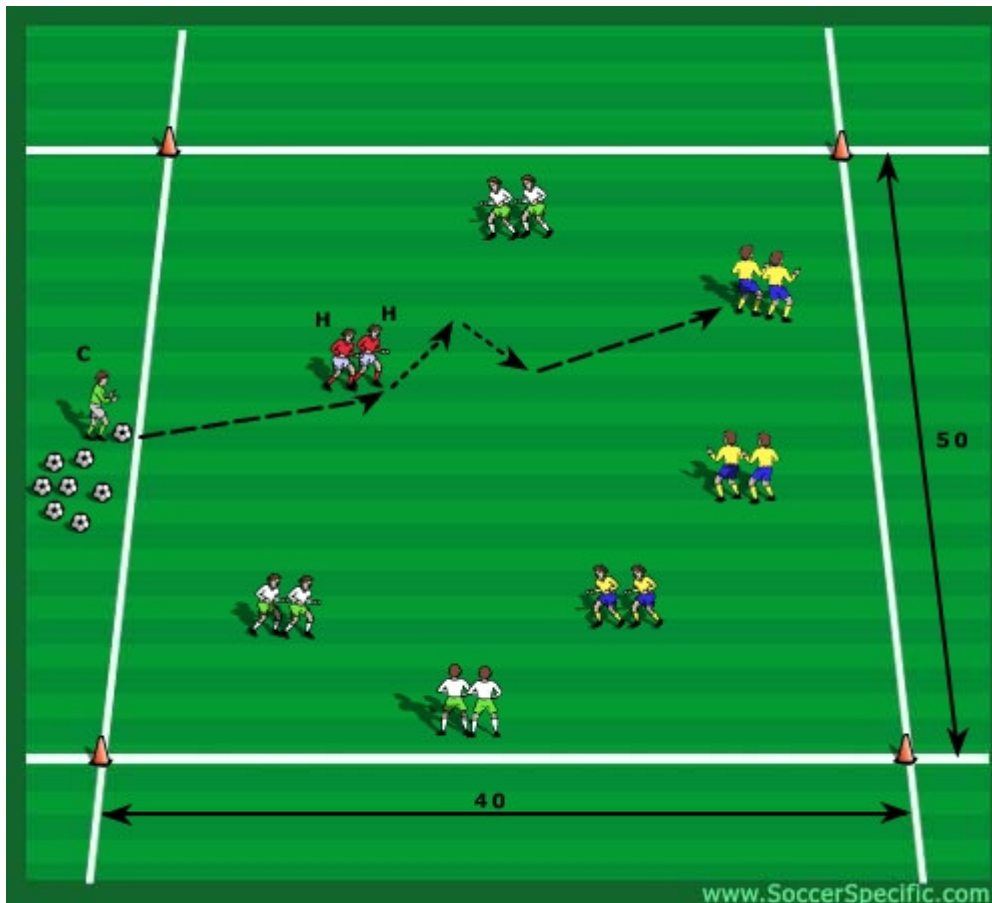


Team Hunters

Emphasis: Shooting, passing



Set-up:

Make a 40x50 yard grid. Divide your team up into pairs. Designate one team as the “hunters” and give them a ball. All remaining pairs are without a ball. The pairs without a ball, as well as the “hunters”, must hold hands. The coach should have a group of balls and be ready to distribute the balls to the “hunters” to help facilitate the exercise.

Objective:

The “hunters” must dribble the ball around the grid and shoot the ball below knee level at the other pairs. If the pair is struck, they grab a ball from the coach and become “hunters” as well. The last team remaining wins. Switch the role of the “hunter” and play again.

Progression:

1. Decrease the size of the grid.
2. Play with groups of three.

Coaching Points:

- Use the inside of the foot to shoot for accuracy.
- Use the laces to strike the ball with pace.