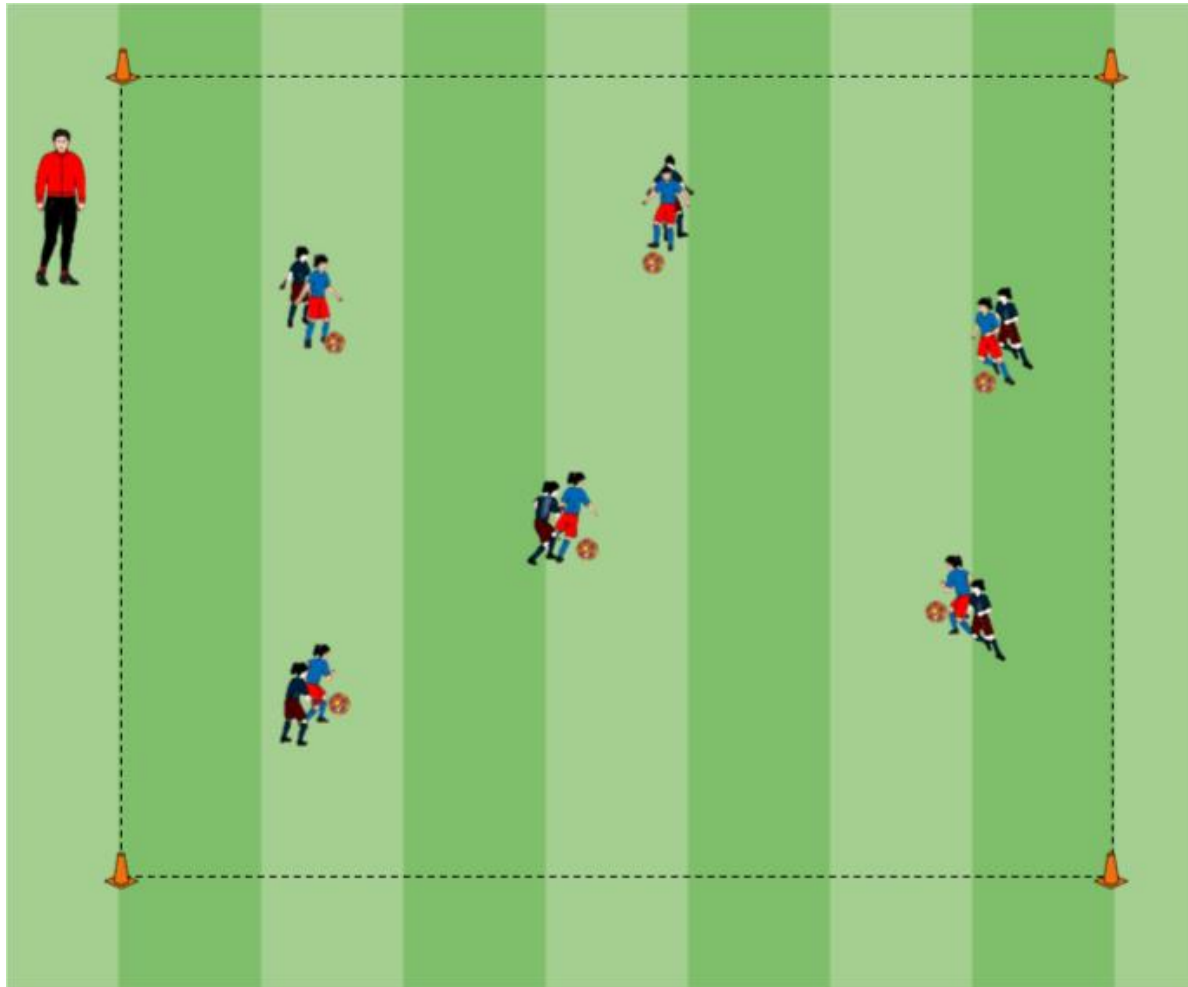


Ball Hogs

Game Focus: Develop comfort shielding the ball and turning with defenders on your back



How to Play:

- Split players into pairs with one ball each
- Players in possession attempt to shield the ball from the other player
- Players in possession can move their feet but are not allowed to run away
- Players should switch roles immediately when the ball is won from the player in possession
- **Variation:** (1) add a goal to allow a chance to turn and score (2) add time and/or spatial limits to increase difficulty

Notes:

- Teach players to keep their bodies between their opponent and the ball
- Instruct defending players to “body up” and prevent opponents from getting comfortable/balanced on the ball
- Warn defenders not to overcommit in one direction

Set-up: use 4 or more cones to mark an area of about 20x20 yards (adjust to suit group size); mark a goal if desired

