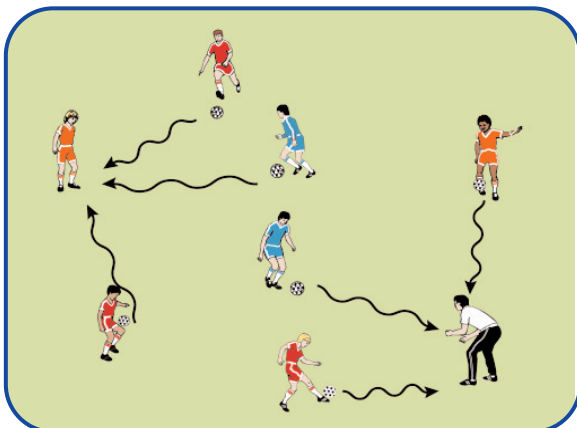


## Find the Target



## Implications for the Game

### Technical

- Dribbling
- Changing direction

### Physical

- Reaction time
- Quickness

### Tactical

- Finding the closest target

### Social/Psychological

- All players are involved
- All players have a chance to be successful

## Activity Organization:

This is a quick thinking dribbling game. All players have a ball. Players place their heads on the ball with their eyes closed.

On the signal, the players look up to find the target, stand up, and dribble as fast as possible to the coach. Eyes must be kept up.

The first player to reach the coach, becomes another target. Now there are two targets to choose from.

Players resume the starting position and the targets move to a new spot.

On the signal, players get up and dribble to either target. The first players to reach a target become targets. Now you have four targets.

The game continues until all players are targets.

## Related Activities

- Open and Close Gates
- Red Light, Green Light
- Crows and Cranes