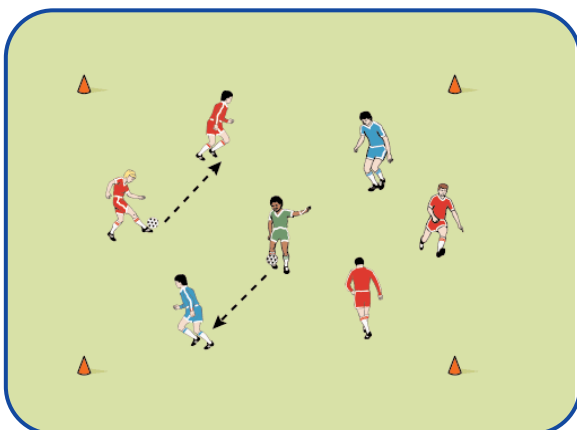


## Pac Man



### Activity Organization:

Players work in a 20 x 20 yard area, with one player with the ball.

The player with the ball dribbles and attempts to hit the other players below the waist by passing the ball at them. Players try to avoid getting hit with the ball. Once a player is hit, he gets his ball and becomes the second 'Pac Man'.

Game continues until all players have been hit and have a ball.

### Implications for the Game

#### Technical

- Dribbling and passing
- Trying to hit a moving target
- Encouraging quick preparation and passing of the ball
- Deceptive passing and use of either foot

#### Physical

- Cardiorespiratory endurance fitness
- Agility
- Jumping

#### Tactical

- Looking for players
- Chasing, tracking, playing to a target
- The first step in teaching players to attack someone with the ball
- Emphasis on creating an assertive and attack posture with the ball

#### Social/Psychological

- Allows all ability levels to play equally
- Allows each player to be successful
- If players are hit early, they will dribble longer
- If they manage to avoid getting hit until the end, their challenge greatly increases

### Related Activities

- Everybody's It
- Find the Coach
- Defrost Tag