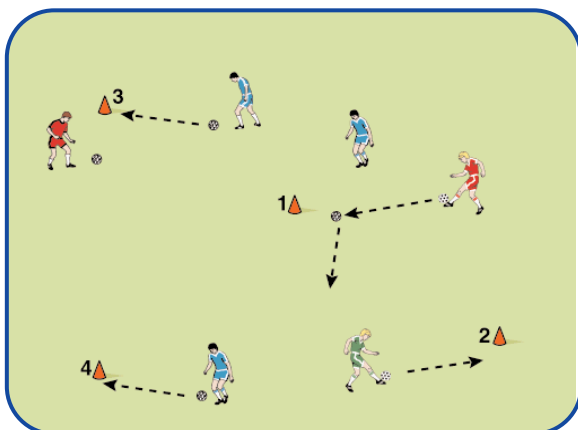


## Tree Ball



### Implications for the Game

#### Technical

- Passing accuracy

#### Physical

- Limited physical activity
- Can be played as a warm-down activity

## Activity Organization:

This is played as a competitive activity in pairs, each player with a ball.

If you are fortunate to have a area with trees, they become the golf holes (hitting the trunk only counts). As in golf, the player taking the fewest number of shots wins the hole.

The number of shots is not a factor. However, an option could be that a player can use a shot to hit his opponent's ball, which could move the opponent farther from the hole (tree) and also get another shot for the effort.

A quiet sort of activity with a definite emphasis upon accuracy.

If there are no trees in your area, substitute them with corner flags or for some really accuracy, place 'cone holes' throughout the space in which you train.

#### Tactical

- Some scheming

#### Social/Psychological

- A fun no pressure activity
- Everyone can play

### Related Activities

- Crows and Cranes
- Edge of the World
- Open and Close Gates