

Barrel Ball



Activity Organization:

Known as a 'street' game, all you need is a trash barrel.

Divide players into two teams (even or uneven numbers, it doesn't matter).

A barrel is placed in the middle of the field. The rules are minimal, but the laws of the game are maintained, however, players call all fouls and resolve all disputes.

Play like any small-sided match, except both teams are attacking and defending the barrel. The last player to physically touch the ball before it hits the barrel scores a goal for their team. No one may touch the barrel!

This is a great activity to start or end a practice.

This drill is appropriate for ages 9 and older.

Implications for the Game

Technical

- Dribbling
- Passing
- Receiving
- Heading
- Shooting

Physical

- Quick reaction time
- Cardiovascular endurance
- Changing direction

Tactical

- Problem solving
- Creativity

Social/Psychological

- Team building

Related Activities

- Triangle Goal
- Crossing Game
- Four Corner Transition