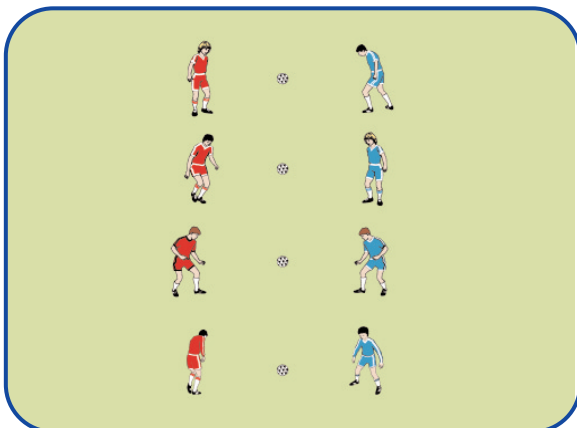


## Crows and Cranes



### Activity Organization:

Divide players into two teams, with one ball for every two players. Players line up in two groups facing each other with an endline 20-30 yards away from each group.

The coach stands at the end between the two lines. The balls are on a line between the two teams. The coach designates one team as the crows and one as the cranes. The coach then calls out "crows" or "cranes". The team whose name was called tries to pass or dribble the ball to hit the other team. The other team turns and runs/sprints toward their own endline. If they cross the endline without getting hit, they go back to the centre for the next round.

The players who were hit, now join the other team and assume a new name. The game is played until all players are on one team.

Who wins the game?

**EVERYBODY!!**

### Implications for the Game

#### Technical

- Dribbling and passing to hit a moving target

#### Physical

- Quick turning, sprinting for runners
- Quick dribble and preparation of pass to hit target
- Must initiate movement quickly from standing position

#### Tactical

- Quick decisions to attack or defend

#### Social/Psychological

- Team unity, everybody wins
- Players soon realize that even though they may have a numerical disadvantage they still have an equal chance at attacking the other team
- Wouldn't this be a good trait for all forwards to believe that they could be outnumbered and still be successful?

### Related Activities

- Red Light, Green Light
- Cooperative Kickball
- Edge of the World