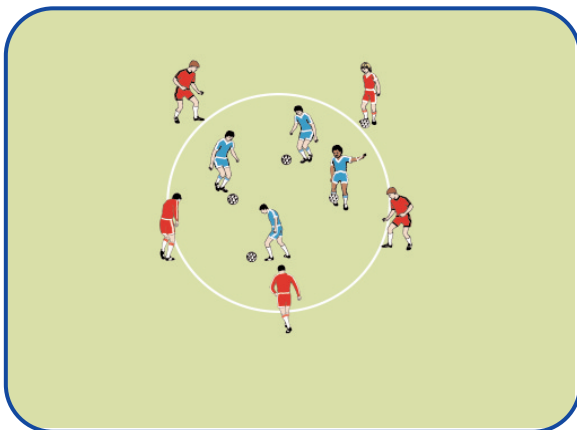


Frantic Ball



Activity Organization:

Players work in two groups. One group forms a circle formation, acting as the boundary of the circle. The other group, each with a ball, is inside the circle.

On the signal "Frantic Ball", players in the circle begin passing their ball within the circle. These players are only allowed to touch a ball once, then they must pass another ball. It is like a team juggle where the team tries to keep all the balls rolling.

The players on the outside act as a wall and are allowed to one-touch balls back into the circle. They try not to let any balls out of the circle.

The coach or assigned player is looking for balls that have stopped rolling inside the circle. Every time they see one, they call out "Frantic 1" and so on until "Frantic 10" has been reached.

Time to see how long it takes to get to ten. The groups then switch roles.

Implications for the Game

Technical

- Very quick one-touch passing

Physical

- Development of quick foot speed
- High degrees of short movements
- Development on soft passing touch

Tactical

- Increase field vision to keep all the balls rolling

Social/Psychological

- Cooperative activity
- Achievement of a group task and teamwork

Related Activities

- Cross Over
- Ball in the Air (Scatter)
- Find the Coach