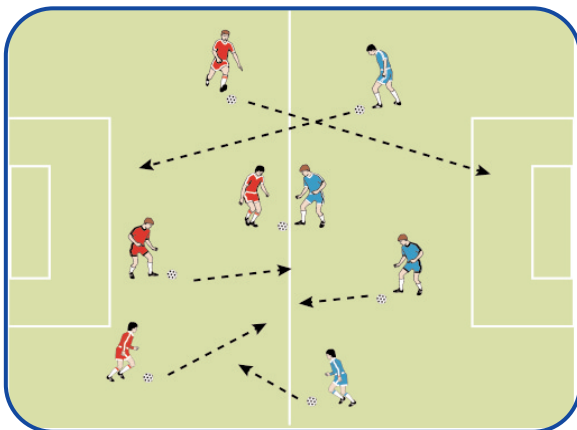


Gladiator Ball



Implications for the Game

Technical

- Dribbling to penetrate
- Passing in small spaces
- Shooting accuracy
- Receiving in small spaces

Physical

- Sprinting
- Changing direction and speed
- Quickness

Tactical

- One vs One
- Two and three player combinations
- Quick decision making
- Attacking and defending

Social/Psychological

- Improves communication
- Provides for goal setting
- Small group interaction

Activity Organization:

Organize players into two teams of 3-6 players, depending on the age group.

Work in an area 30 x 40 yards, with two goals and no goalkeepers.

Each players starts with a ball on their own side of the field. On the signal, players try to score as many goals as possible in one minute.

Once a ball goes in the goal or out of bounds it cannot be put back into play. That player may receive a pass from a teammate or try to tackle a ball from the other team.

At the end of one minute, count the number of goals and then reset the game for another round.

Related Activities

- Defrost Tag
- Cross Over