

16 Players

Rob the Nest

Objective – To develop evasion, decision-making and ball familiarisation skills

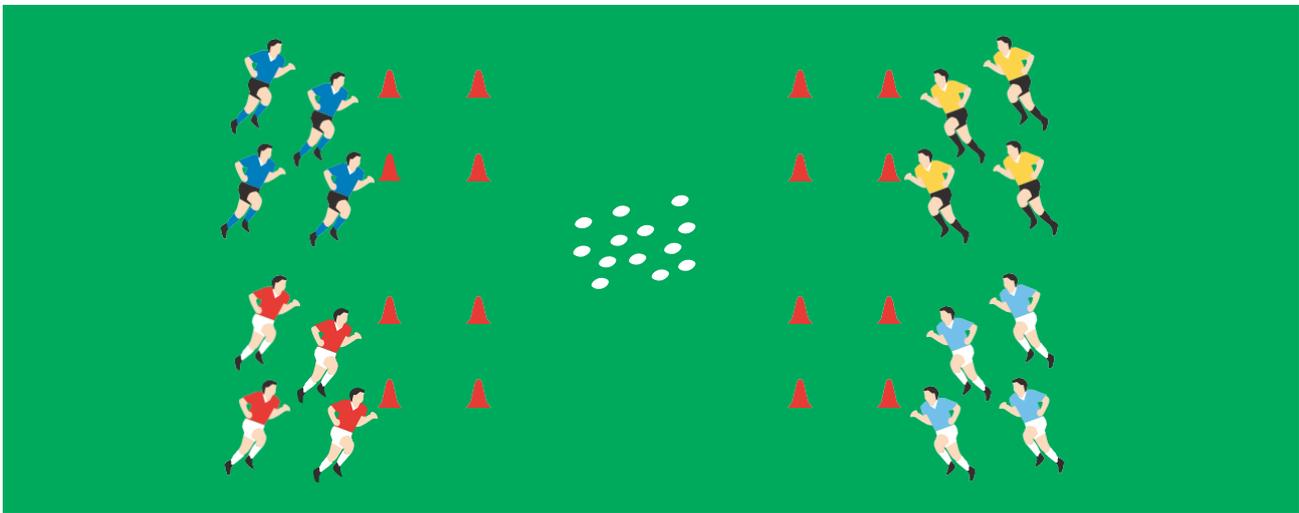
Equipment needed:

- Balls: 12 balls (or even nos)
- Cones: 1 stack
- Bibs: If available

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Groups are split into three or four groups (of four players max) with a nest (small coned area), containing the balls, in the middle of the square.
- On the coach's call, the players (one per group at a time) run out to the middle and take one ball to bring back to their nest.
- Once there are no balls left in the middle, the players can begin to take balls from opposing team's nests.
- The winning team is either the one that has four balls in their nest or the team with the most balls after a certain time period (rules at coach's discretion).

Coaching points/Key factors:

1. Ball in two hands,
2. Head up when running
3. Dodge fellow players
4. Communication skills

Difficulty:

- The coach can increase or decrease the size of the area depending on numbers.
- The coach can incorporate skills for players to complete prior to returning a ball to their nest e.g. ball around the waist or through the legs twice, or players need to pass the ball into their nest etc.