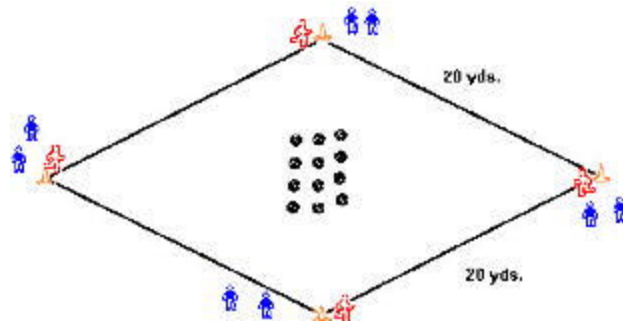


# Fitness Fun

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## The Game

- Object of the game is to get four balls back to your team's corner.
- You can only work at moving one ball at a time. You must dribble the ball back to the corner.
- You can "steal" a ball from an opponent's corner.

## Coaching Points

- Since this is a competition, and fun, the players will not look at this session as a fitness exercise.
- Since there are only 12 balls, players must steal from other groups.
- Players need to keep their heads up and be aware of how the game is developing.

## Variations

- Let younger players use their hands to carry the ball first.
- Let players steal the ball from their opponents while they are dribbling.

## Fitness Progression

- This activity would be for "fitness with the ball" at the "individual" level.
- Pulse levels should be monitored throughout the exercise to determine if players are reaching maximum work levels.