



# FUNdamentals King of the Ring



**Organization:** All players have a ball each and are placed in a circle, approx 15 yards in diameter.

**Procedure:** Players dribble their ball ensuring that the ball is always moving. On coach command all players keep their own ball under control while attempting to kick other players balls out of the circle.

If a players ball is kicked from the circle they must retrieve it and perform a task to re-enter play. example: 10 toe-taps, 1 lap of the circle dribbling their ball.

**Time frame. 10-12 minutes**

**Emphasis:**

- Dribbling
- Running with the ball
- Ball manipulation
- Finding Space

<p><b><u>Psychological</u></b> Confidence Problem solving Creativity Being safe</p>	<p><b><u>Technical</u></b> Ball manipulation Dribbling Running with the ball</p>
<p><b><u>Physical</u></b> Agility Balance Coordination Speed</p>	<p><b><u>Social</u></b> Communicating Peer interaction Competition FUN</p>