



Messy Backyard

Appropriate Age Group: 6-10

Skill(s) Practiced: Scooping, Throwing, Carrying, Rolling

Drill Duration: 5 minutes

Resources: 3-4 ball per child, cones

Description: Players are divided into two teams, with each team being placed on one half of the field. The coach scatters an equal number of balls on each half of the field. On the whistle, players run around, scoop a ball on their side and roll it onto the other side. After 1-2 minutes, stop play and have the players count the number of balls on their side.

Progression(s): Switch top hand on the stick.

Drill Diagram:

