

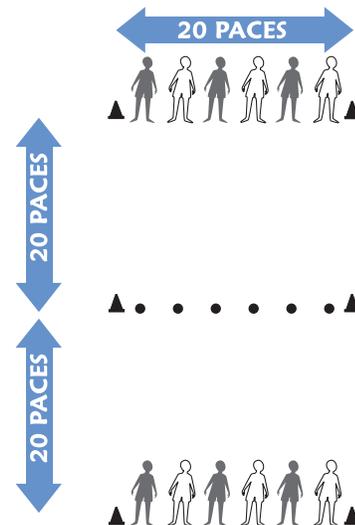


## Ready...

- 1 ball per pair
- 6 cones

## Set...

- Designate 3 (20 paces long) parallel lines, 20 paces apart using cones.
- Students in equally skilled pairs in partner face off on opposite endlines.
- Distribute balls evenly along center line.



## GO!

1. The object is to score a point by getting a ball from the center and dribbling it back to your own endline.
2. On “Get your ball!” you and your partner run from opposite endlines to midfield, and try to gain control of the ball in front of you. If you get the ball, dribble it back to your own endline (safe zone). Once there, trap the ball.
3. If you didn’t get the ball, try to legally steal your partner’s ball before they reach the safe zone. If you steal the ball, dribble it to your safe zone.
4. You and your partner continue to try to steal the same ball and bring it to your own endline until signal.
5. *(Give stop signal after 30-45 seconds.)*
6. Bring the balls back to midfield, and get ready for the next round.
7. *(Continue for several rounds.)*

### CHALLENGES

- ★ Which group can bring the most balls to their safe zone?
- ★ How quickly can you set up the balls for the next round?

### CUES

- ★ Dribblers, when in an open space, push the ball and run after it.
- ★ Remember, you can take a ball from your partner only.

## ★ Creep in Closer

(Call out an action word, e.g. creep, twirl, jump, whirl, bounce, slither, etc. to describe how students travel toward center.) When you hear, “Get your ball!” sprint to get a ball. Each round, I will give you a new verb.

## ★ Village Ball

(Place 1 ball per 4 students on the center line.) Get Your Ball is now a group game, and the players on your line are from your “village.” Come up with a name for your village. On “Get your ball!” run to the midline and get any ball you can, and work with your village to bring the balls back to your safe zone. Pass is encouraged.

## ★ 2 on 2 Get Your Ball

(Groups of 4 in long, narrow grids.) 2 begin on 1 endline; 2 on the other; 1 ball in the center. 1 player calls, “Get your ball!” and all run to get the 1 ball. The goal is to bring it back to your endline. Use passing, give and go and dribbling.



## FUN FACT

In 12th century England, whole villages played against each other. This “mob football” (as it was called) had no limit to the number of players per side and virtually no rules (the only thing outlawed was “murder and manslaughter”). It was so rough and violent that it was eventually banned by Royal decree.

## STANDARDS ADDRESSED

### NASPE

#1, 2 Dribbling

#2 Defensive/offensive strategies

#3, 4 Cardiovascular fitness

#5, 6 Cooperation, accepting challenges

**Your State** (Write in here)

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## PAULA'S POINTERS

- Tripping, shoving and slide tackling are not allowed. Students who foul must return to the starting line, and wait for the next round.

## NOTES

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