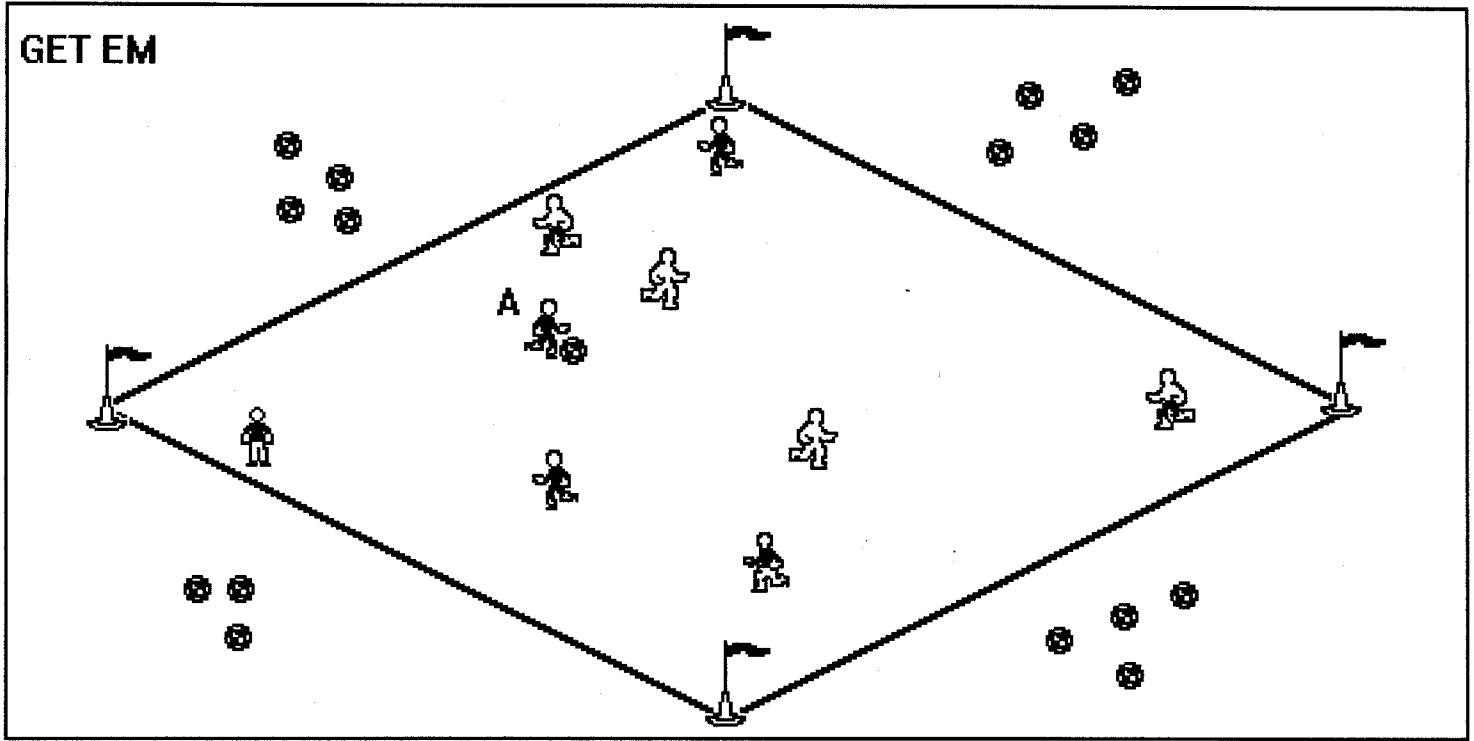


GET EM



GET EM PASSING AND DRIBBLING

Each player will need a ball. Player "A" is "IT" and starts with the ball. All the other balls are around the sides of the gridded space (15 x 20). Player "A" dribbles and tries to hit the other players with a pass below the waist. When hit, player gets a ball and joins Player "A". Game is over when all players have been caught. Last player caught starts with the ball for the next game.

COACHING POINTS:

1. Encourage quick movements and sudden changes of direction to catch players off guard.
2. Encourage deceptive passing of the ball: look one way, pass the other. Use outside of foot.
3. Players not caught should run and jump: use of zig-zag movements will make it hard to be caught.
4. Players without the ball vision from all directions.