

Gladiators (All Ages)



Position two pugg nets across from one another in a defined space. Create two teams and position yourself with all of the balls between the two teams. On your signal, have a player from each team enter the grid and attempt to score on their opponents' net. If a player scores, they remain on the field. If a player is scored upon, they exit the grid and are replaced by a teammate.

Variations:

1. Limit the number of balls any pair may be given before they score to three. If neither player scores, replace both of them.
2. Increase the number of players to create 2v2 or 3v3 battles.
3. Substitute pugg nets with benches (no goalies) or full sized nets with goals. If playing with benches, allow players to attack the other bench after they score. Here the bounce off their previous goal sets them up to attack quickly in the other direction.

Focus:

Emphasize paying attention to the flow of the game and closing space quickly - players entering the grid are at a disadvantage. Players on the ball should look to shoot early.