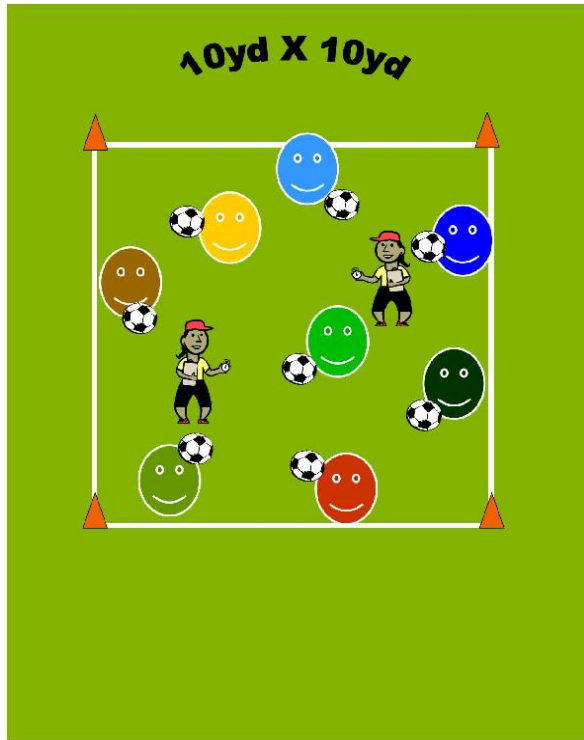


Ouch!



In a small grid, have players attempt to hit their coaches below the knees with the ball. Every time a coach gets hit, she should yell, "ouch!"

Variations:

1. Have players attempt to get a certain number of hits. The first player to reach the goal wins.
2. Designate a particular player to serve as the target and provide a certain number of hits for the rest of the team to get within a certain amount of time.

Focus:

Players should focus on proper passing technique. More advanced groups should be expected to pay attention to weighting the ball (how hard the ball is kicked) properly and anticipating where the target is heading.