

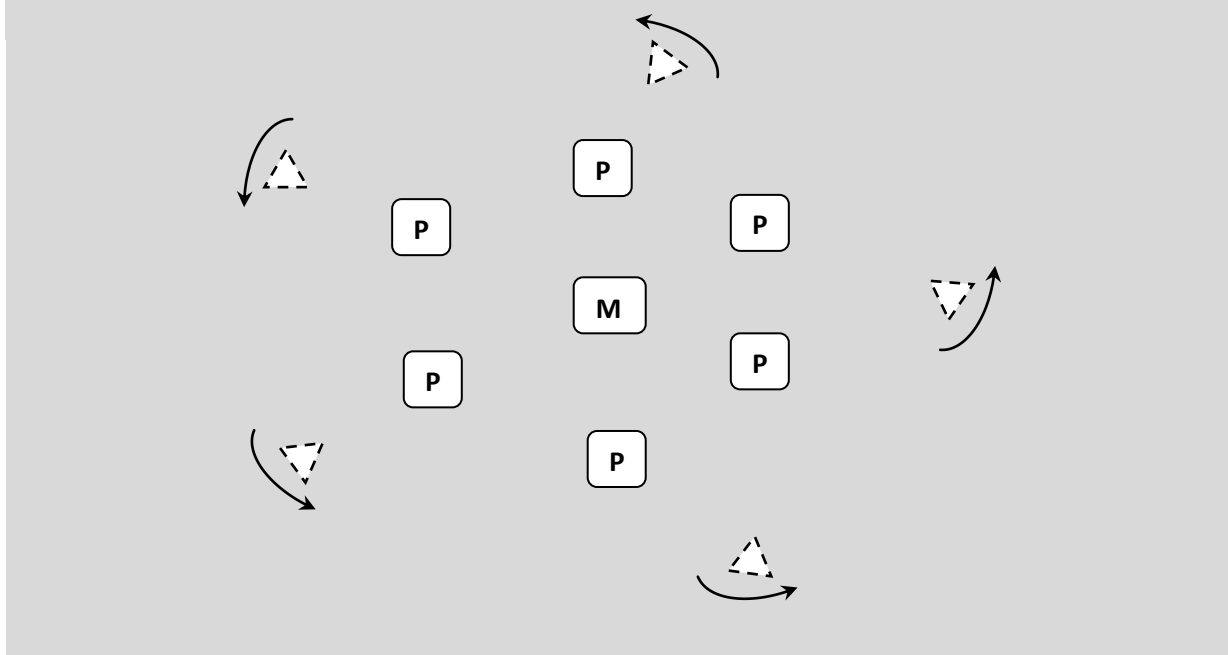
FOOTBALL SKILLS

BASE NO: 10

BASE NAME: 'Beat the ball'

OBJECTIVE: Passing / Running / Teamwork

BASE SETUP:



BASE INSTRUCTIONS: Start the base by explaining how to play the game!

- Place the players in a circle a few feet apart from each other
- The mentor stands in the middle with a football
- Mentor passes the football to one of the players, who must catch it, pass it to a player to their right and then run as fast as they can around the cones positioned outside the circle and back to their position in the circle before the ball.
- The other players pass the ball from one to the other around the circle trying to beat the runner

VARIATIONS:

- Put a player in the middle instead of the mentor
- Players bounce the ball from one to the other when passing around the circle
- Players can throw the ball until they are more proficient at the hand-pass

LEGEND:

