

# MESSY BACKYARD

## GAME DETAILS:

**Theme:** Ground Balls

**Field Location:** Any

**Field Position:** All

**Time Needed:** 5-10 minutes

**Athlete Development Stage:** Discovery, Foundations, Fundamentals

## OBJECTIVE:

Players try to keep the balls away from their side of the field. The team with the fewest number of balls wins.

## DESCRIPTION:

Players are divided into two teams, with each team being placed on one half of the field. The coach scatters an equal number of balls on each half of the field.

## EXECUTION:

You will need a minimum of 3-4 balls per player. When the coach says “go”, players run around, scoop a ball on their side and roll it onto the other side. After 1-2 minutes, stop play and have the players count the number of balls on their side.

## SKILLS PRACTICED:

- Scooping, Throwing, Cradling

## VARIATIONS:

Change hands for pick up. Vary the field size and the number of balls available.

## DIAGRAM:

