

Football

Eggs In A Basket

Setup: Designated area may vary depending on group size, more balls than players (the more balls the better). The example shown consists of 10 players with 25 balls in an area of 20 x 30 yards.

Aims and Objectives: To develop running with the ball, turning, control and speed. All players on same team line up on one side of the area, spread the balls (eggs) out randomly all over and designate the basket area. The objective is to get all the eggs into the basket as quickly as possible. Players must dribble the ball and cannot tackle each other as they are all on the same team, only take one ball at a time to the basket then go back and get another. Time how fast the task can be completed and try and beat it, or have a time limit and count the number of balls in basket at end and try and beat it.

Key Points: 1. Can use different turns e.g. Inside, outside, drag back. 2. Quick Turn. 3. Running with head up.

