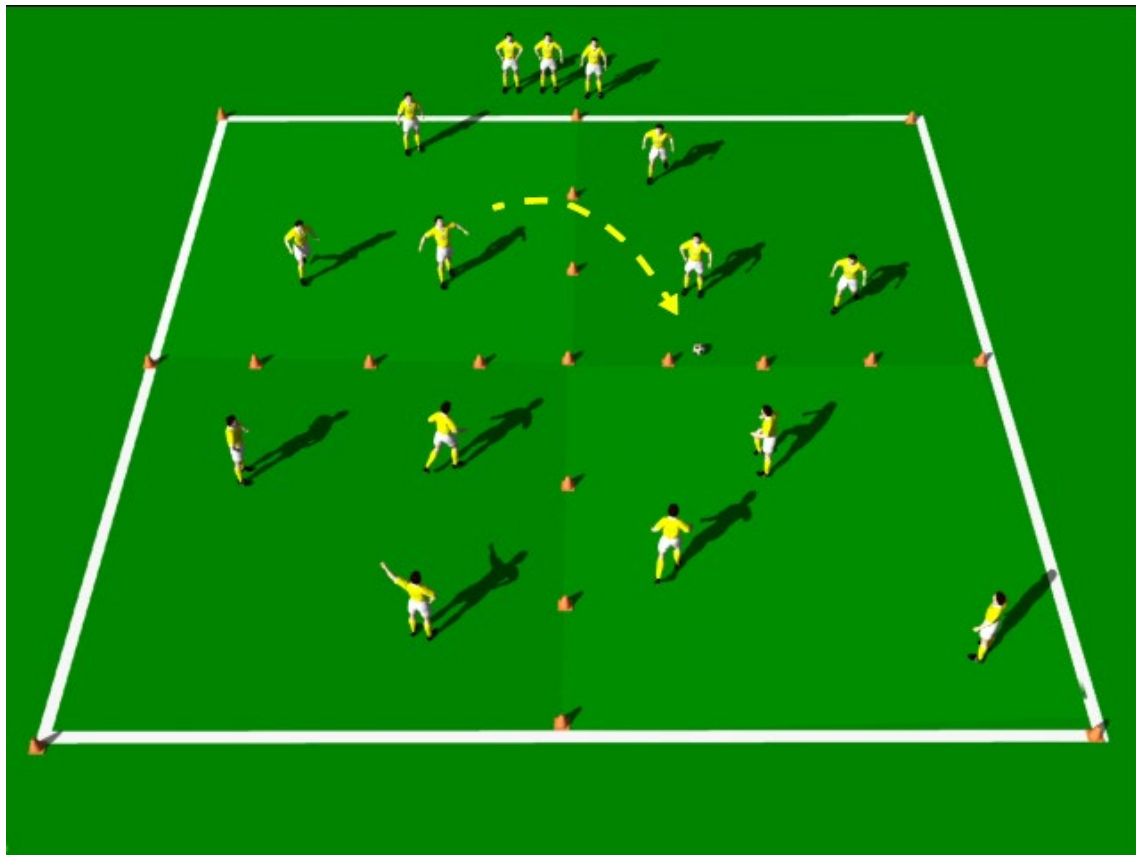


King of the Hill



Exercise Objectives:

Here is a fun Ball Control game called "King of the Hill". The game is designed to improve ball control and communication.

Coaching Pointers:

Divide your group into 5 teams. Use one ball. Place 4 teams in the square and one team outside. Each team is restricted to their own square. One team starts the game by serving the ball into any square. The ball is only allowed to bounce once in a team's square. They must try to serve the ball back into an opponent's square. If the ball bounces more than once in a team's square they must leave the square and the outside team takes their place.

Conditions:

Every time a team leaves the square they do an exercise (5 push ups).
Time the game. After 30 seconds whoever is outside the square performs an exercise.
Be creative.

Make it a fun competition between groups.