

Squirrels & Nuts



Squirrels & Nuts

Rules/Set Up

- Divide players(Squirrels) into even groups and they are assigned a corner of the area.
- The balls(Nuts) are placed in the middle of the area.
- *You can start the activity using hands first: One player from each corner runs to the middle area to take a ball back to their corner - and tag a teammate to go next.
- Squirrels steal Nuts from the other corners one at a time once the middle area is empty.

Coaching Points

- Keep the ball close as you dribble.
- No passing/kicking allowed.

Progressions

- Players have to dribble a circle around one of the corner cones first.
- Reverse: Players return the balls to the middle area one at a time.