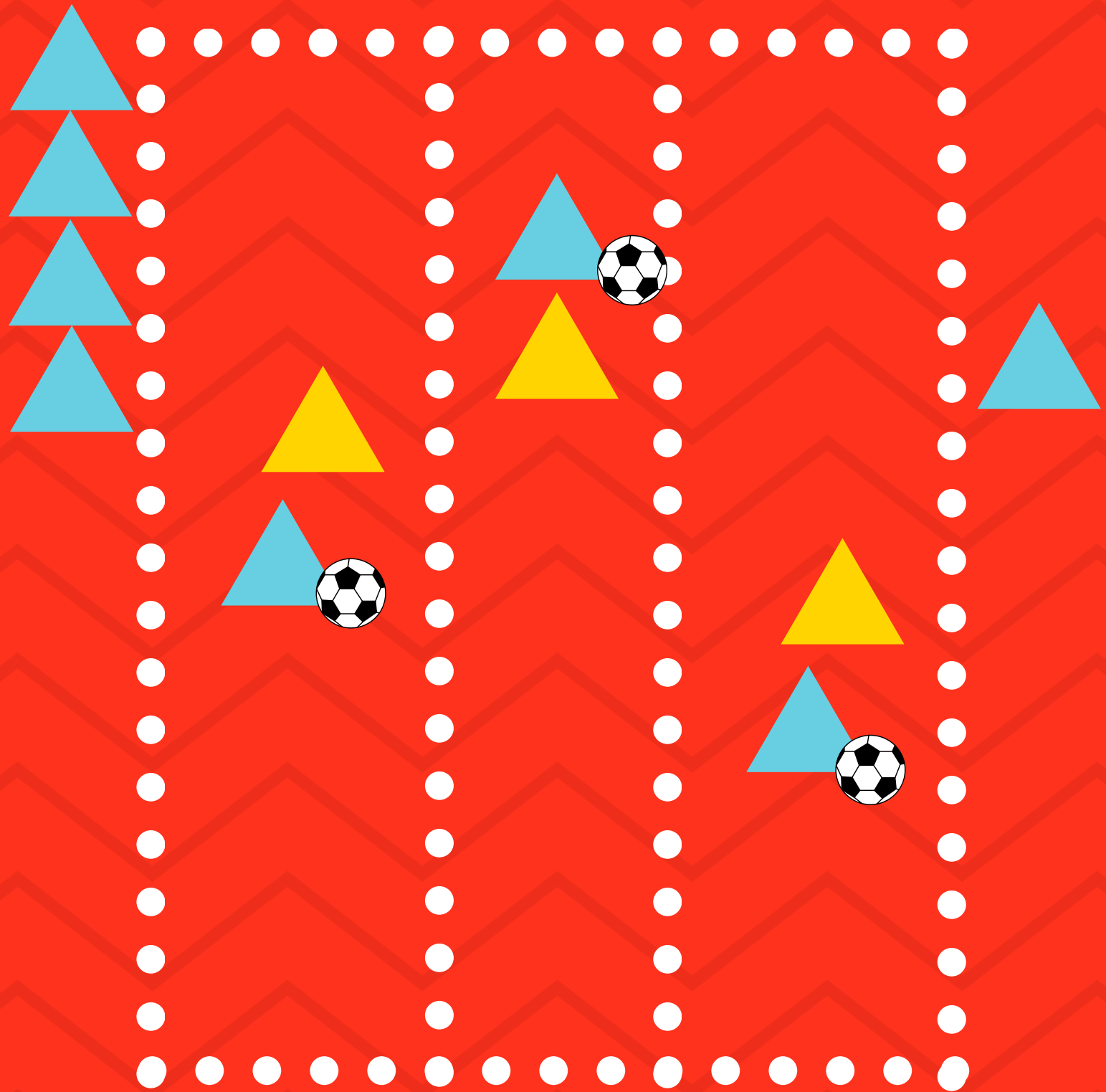


# ZONE CHAMPIONS



START LINE

END LINE

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# HOW TO PLAY:

- Split the area into a number of zones with a defender in each area.
- Dribblers must try and get through zone by zone to the end line to become zone champions.
- If the defenders tackle and gain possession of the ball or kick the dribblers ball out of a zone then the dribbler must go back to the start line.
- Can adjust so the dribblers can work in pairs/ small groups to try and get past the defenders.
- Swap dribblers and defenders around.
- Encourage dribblers to keep heads up, turn body away from defenders, keep ball close and under control.

## EQUIPMENT:

- Cones
- Bibs
- Hockey Sticks & Balls
- Basketballs
- Footballs

## PROGRESSION:

- Change what type of ball you use to dribble around with.

## DIFFERENTIATION:

- Easier for dribbler - Increase zone size. Decrease number of zones and allow dribblers to work together.
- Easier for defender - Decrease the zone size, increase number of defenders in the one.

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