

# FREE ZONE

*\*NOT EXACTLY HOW PICTURE LOOKS*

Start by making a large grid with five (5 x 5 yard) free zones.

All players dribble inside main area, there are two defenders (begin with coaches) who will try and knock dribblers' balls out of the grid. When a ball is cleared from the grid, the player now help the defenders get more balls out.

Dribblers can enter the "Free Zone" for five seconds before they must re-enter main grid.

Game ends when all the balls are kicked out of the grid.

## Bump Variation

Five dribblers inside main grid, five players with a ball inside the "safe zone" and two defenders.

The five dribblers in main grid avoid defenders by running into a safe zone. When they enter the safe zone, the other player with the ball is immediately bumped and must enter the main grid and try to bump someone else from a different safe zone.

The game ends when half the balls (in this case, five) are knocked out of the grid. If you want to go longer, you can finish with the rules from the first game above.

## Progression – Same as Pictures

Five dribblers inside main grid, five players **without** a ball inside the "safe zone" and two defenders.

When inside a safety zone, if a ball is **passed** to a player, he/she must enter the main grid with the ball. The player cannot return to the safety zone he/she has just been bumped from.

The game stops when all five balls are knocked out of the grid.

