

Powerball

Objective –

GameFocus onTransition/ResetProgression

Improve your players' close control, speed, agility and reactions with this great game.

THE RULES

Both teams play at once.

One player from each team defends the five pots (small circle of markers approximately 1 yard across) against an opponent who tries to dribble or run with the ball and stop it in a pot to score a point.

Each team has five balls with every player having a go at attacking. Once a player has attacked they need to react and defend against an attacker on the opposite team. The previous defender returns to their team.

Once a ball is stopped in a pot it is safe and cannot be removed.

The defender can stop the attacker by tagging them; they do not need to tackle the player. If they do this the player loses the ball.

Defenders are not allowed to run through or over any of the pots, giving the attacker a bit of protection. The middle pot is worth double points.

MAIN OBJECTIVES

Improve close control, speed, agility and reactions.

SET UP

Area: 40×30 yards with collection pits at opposite ends

Players: 10

Equipment: Cones, 10 balls

WHAT TO CALL OUT

“React”

“Look for another pot”

“Score!”

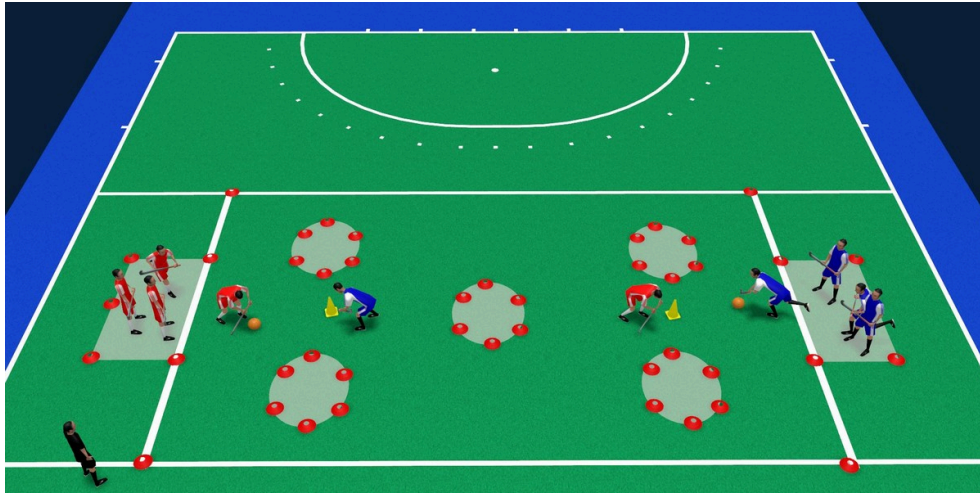
PROGRESSION

Give each pot a limit of two balls.

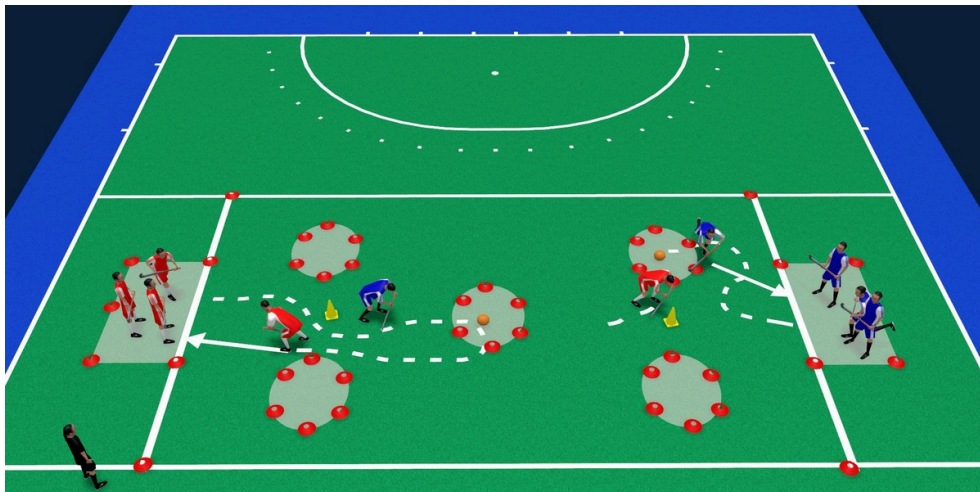
You can allow players to knock a ball out and replace it with their own. The defender must now decide whether to protect pots in which their team has a ball, or go all out to stop the attacker scoring, leaving their ball unguarded.

HINT

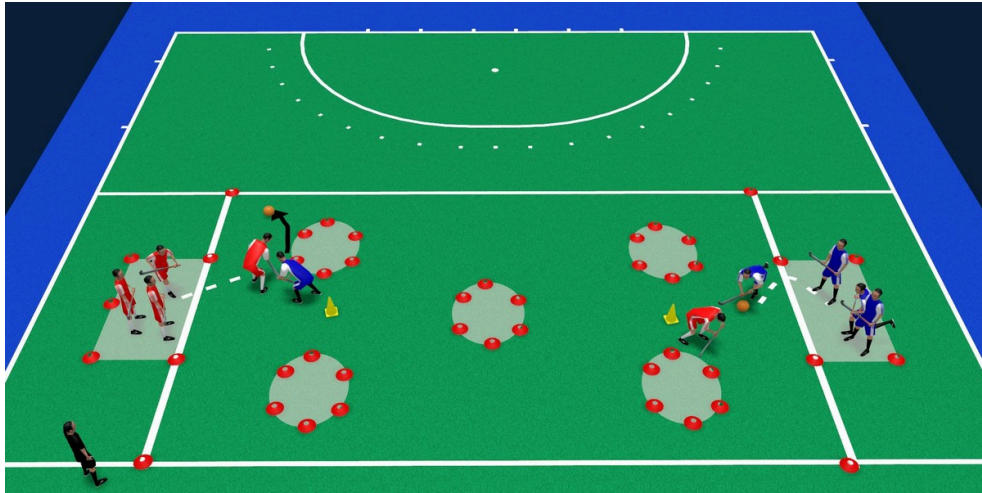
It will be easier to keep score if you have access to two colours or designs of ball. Or use a mixture of sizes.



The outer pots are worth 1 point. The centre pot is worth 2 points.



One player from each team tries to score at the same time.



Players must react quickly to defend once they have attacked.