

# Box Game - Competitive

**Objective:** 3v3 game where you score by invading opponents' area to by passing the object from one teammate to another.

## Rules:

- Score by passing the object from one player to another in the circle or box
- Cannot move with the object
- If there is a loss of possession, the new team on offense must make a pass outside of the coned area before they are able to attempt to score.
- Loss of possession can be caused by: dropping the disc, having the disc be defended (caught or hitting the ground), catching out of bounds, taking more than 7 stalls to throw.
- No puppy guarding – must play person defense.
- 7 stalls until you have to make a pass

## Adaptations:

- Can only score if the runner is at or close to top speed
- Make more spaces/less/bigger/smaller
- Must score with a particular throw
- Change stall count
- Start with only 1 defender and slowly add once it seems appropriate

## Equipment:

- 4 cones for the box and then 4 more for the boundary (per group\_
- 1 disc per group
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**Level:** This is a great game for “triangulation” or finding open space. Players will have more success if they pass around and then attack as opposed to standing in the middle. It may take a bit of time, but they will see the value in spreading out.

## Safety Considerations:

- Discuss being 'heads up' and communicating (if you add multiple discs)
- Players will be moving in different directions so remind them of using their voices and being aware

