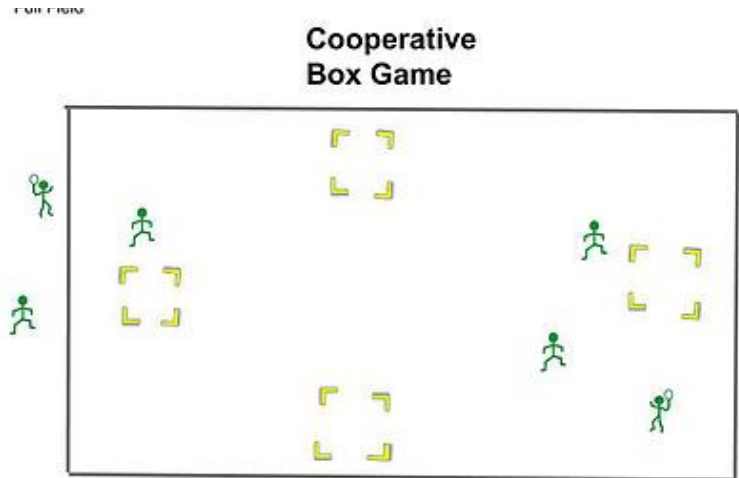


Box Game - Cooperative

Objective: Have the teams move around the field by passing the object to a player in the zones around the space.

Rules:

- Score by passing the object to player boxes
- Every player must touch the object before each goal
- If there is a turnover, the players must start at the place where they made their last goal and start the new box over again.
- Keep track of how many successful passes you make around the space



Players try to make passes to their teammates into the zones- they have to make a point in each of the zones and they also have to throw to each player before they can score in the box.

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

Equipment:

- 4 cones per box you create
- 1 disc per group (2-3)

Level: This is a great lead up game to Ultimate. It helps the players start understanding how to move in space, not run with the disc, and catch in a particular zone.

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
- Can spread out boxes to make it safer
- Eliminating boxes in the middle can help as well