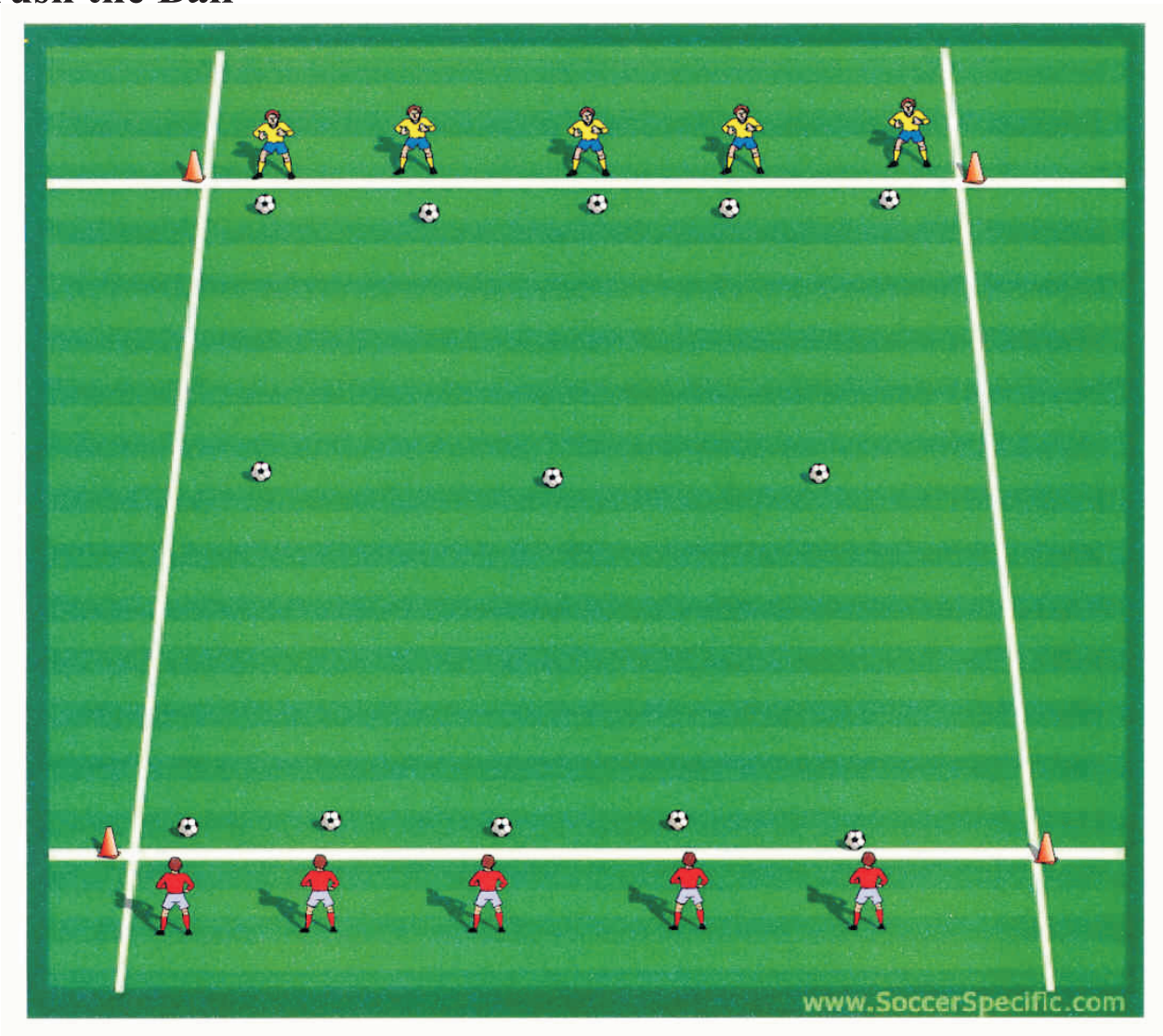


Crush the Ball



Purpose: Unopposed passing

Organization

1. Players are split into two different colors and separate out into two ends
2. On the coaches' call, players must pass their ball and hit the balls in the middle
3. Winning team is the team that gets most balls in the middle over the opposition's end line

Coaching Points

1. Strike the ball firmly with the inside of the foot for accuracy
2. Be alert and on your toes to receive the balls from opposing team (this way you area ready to go and strike the ball quickly again)