

Castles And Dragons

Set up five small squares of flat cones some distance apart from each other, four of the squares in a rectangular shape with one square in the middle of the four (distances between the squares depends on the age and skill level of your team).

Each square is a base (castle). All players in the castles have a ball and try to dribble from castle to castle before a dragon (another player without a ball) can catch them and knock their ball away.

The dragon(s) can only knock a player's ball away when he is outside the castles. The players with a ball are allowed five seconds to hang inside the outside castles and ten seconds to hang in the center castle before having to depart for another castle.

Once a ball is knocked away from a player, he becomes a dragon also. Last player with possession starts the next round as a dragon. Works great on vision, decision making, changing directions, stopping the ball, and best of all it is fun!