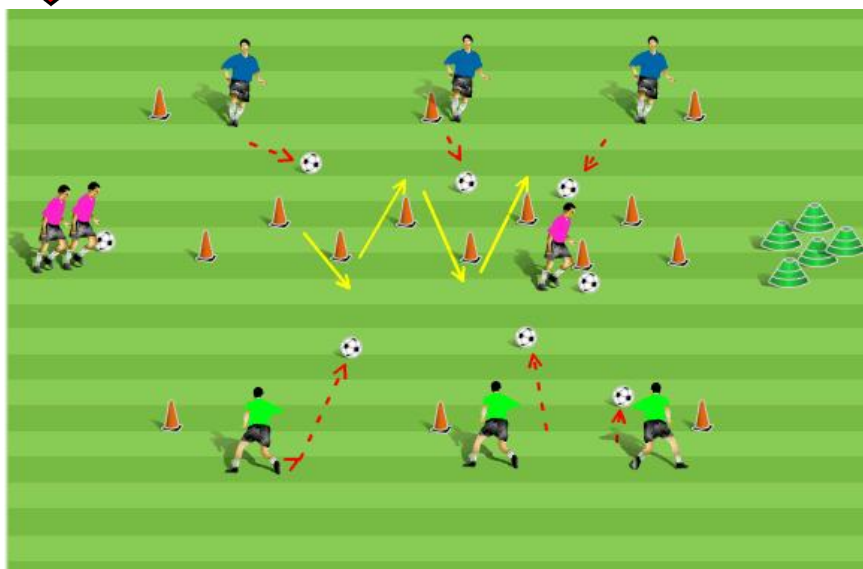
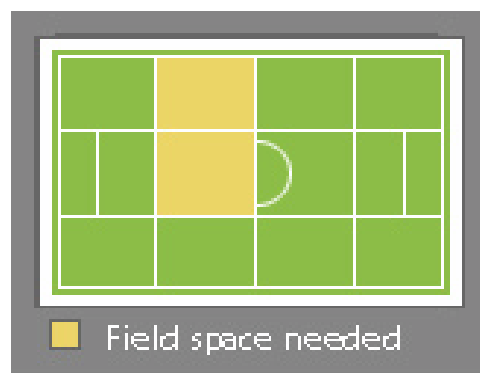


The Gauntlet



Materials Needed



Area 20x10

- Ball per player
- Cones
- Training vests

The Gauntlet Dribbling

Description:

Three teams – One team positioned on either side of the area with a ball each. The other team in two lines at one end of the square. Two lines of cones are staggered down the center of the square and on the command of 'GO' the brave Knight will run the Gauntlet by dribbling in and out of the cones to the other side. As the Knights of team 'A' run the Gauntlet, the Knights of team 'B' & 'C' pass their balls along the ground in an attempt to hit the Knights ball. Once the ball is hit the gauntlet is finished and the knight sits behind his/her team. If the Knight reaches the end line, he/she collects a cone (treasure) and takes it back through the Gauntlet to the team. The Knight continues until the ball is hit. Count the treasure for each team

Coaching Points

- Keep the ball close
- Move the ball away from the incoming passes
- Change pace to avoid balls

Progressions:

Story – In Medieval England brave Knights of the Round Table had to prove their true courage to the King by entering the Gauntlet!