



Set up an appropriate size playing area and split into four zones. Split players into four teams of 3 or 4 with one ball per team. Each team starts in one of the zones as displayed and begins passing and moving between themselves. On the signal one player from each team (invader) has 30 seconds to invade the zone clockwise next to theirs and attempts to win the ball and solo it back into their own zone or force it out of the opponent's zone or force them to make a mistake while keeping possession. The remaining players must try to keep their ball in their zone and away from invader. Once ball is out of zone its dead. Each player gets ago as the invader award 1 point every successful raid.

Progression: Invade zone anti clockwise, players can invade any zone.

Aims: Correct body shape while protecting ball, players learn to protect/keep ball.

