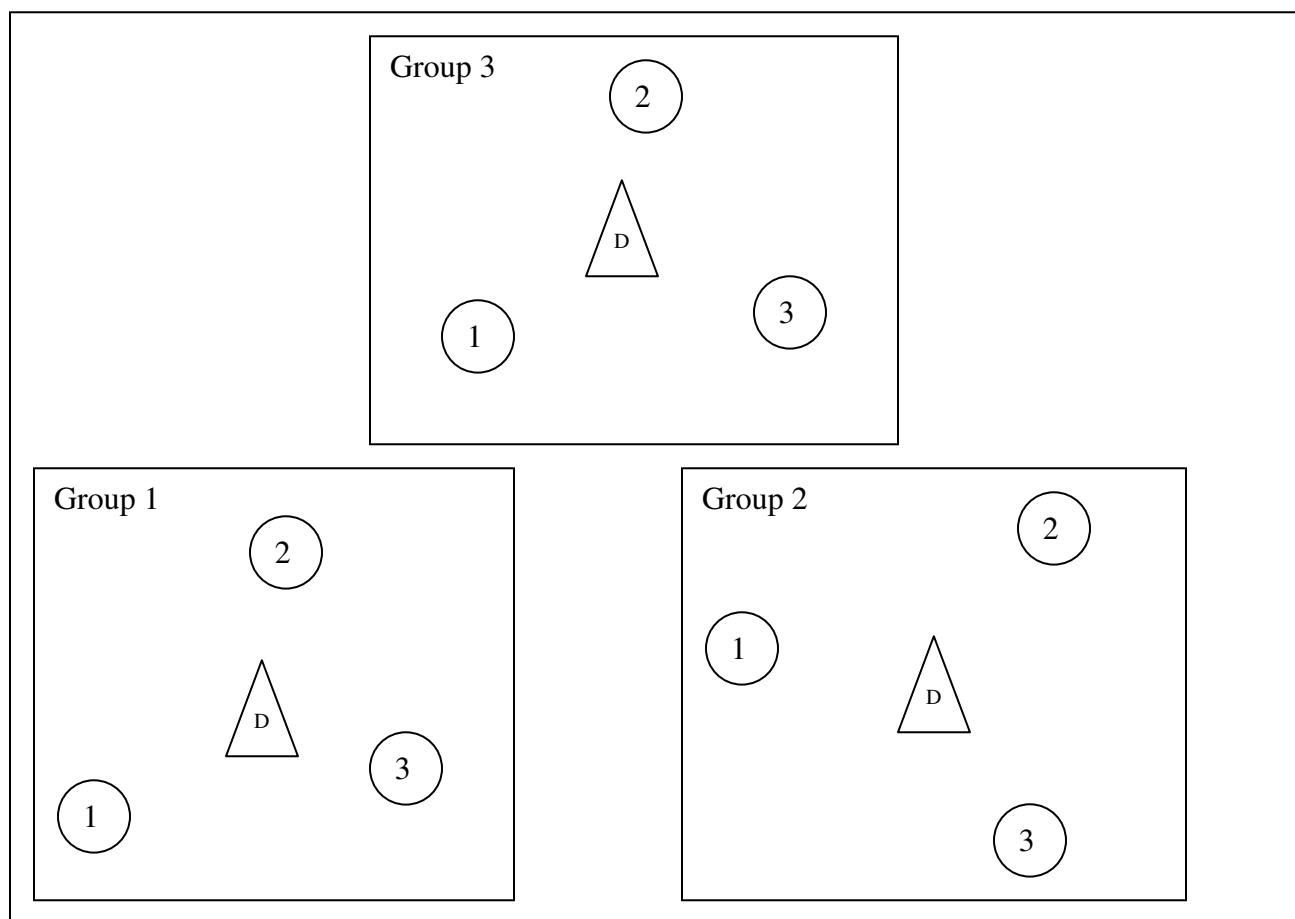


Monkey in the Middle



Setup: Group players by 4s. Three players will be offensive and one defensive player. Each group gets one ball. The three offensive players setup at points to form a triangle. The defense is in the middle.

Getting Started:

1. Player 1 starts with the ball;
2. The defensive player makes an approach to obtain the ball;
3. Player 1 passes to either player 2 or 3.

Encourage players without the ball move around to make receiving a pass easier.

Remind players to make the best possible passes.

4. The defensive player approaches the new player; that player will attempt to pass to any of the two available players
5. If the defender takes the ball then he or she becomes an offensive player. *(See conditions below)*
 - a. before it reaches the receiving player then the passer becomes the defender.
 - b. after it reaches the receiver then the receiver becomes the defender.

As players progress, each player should be dribbling before passing the ball.

Improve passing and defensive skills. Players are also working on decision making under a bit of pressure.