## COORDINATION <br> CATCH ASYOU CAN



## What to do

The participants disperse evenly on the field. Upon a command by the coach, previously agreed upon, each player starts to try and touch as many co-players as possible. Upon being touched, the player gets out of the game and crouches. When the game is over because no players are left, a new round begins.

```
VARIATION:
Each player tucks in a bib and tries to collect as many bibs as
possible from other players.
Each player dribbles his / her ball, tries to kick out his/ her
opponent's ball(s), while protecting his / her own.
```


## FOLLOW UP DISCUSSION

## How was the drill?

Everybody against everybody: how is violence inflicted from one person to the other?

Peace is our responsibility

