



Learn to Train The Huddle



Organization: -Players divided into groups of 6-7.
 -1 Player is selected as a target (yellow) and another selected as a chaser.
 -Target player tucks a pinnie into the back of his/her shorts
Procedure: -Players, excluding the chaser, join hands to form a circle
 -The circle must stay intact and the players must move together to prevent the chaser from catching the target player and stealing the pinnie. -Players work together for around 1 minute or until the chaser steals the pinnie. -Chaser can go under the legs or the arms, or around the group, but cannot go over the top. After 1 minute change the chaser and the target player. Competition can be created between groups.

Time Frame. 12 minutes

Emphasis

Safe environment
 Positive reinforcement
 Questions to the players
 Decision making
 FUN

<p><u>Psychological</u> Safety Creative Confidence Spatial Awareness FUN</p>	<p><u>Technical</u> N/A</p>
<p><u>Physical</u> Agility Balance Coordination Speed</p>	<p><u>Social</u> Communicating Team work FUN</p>