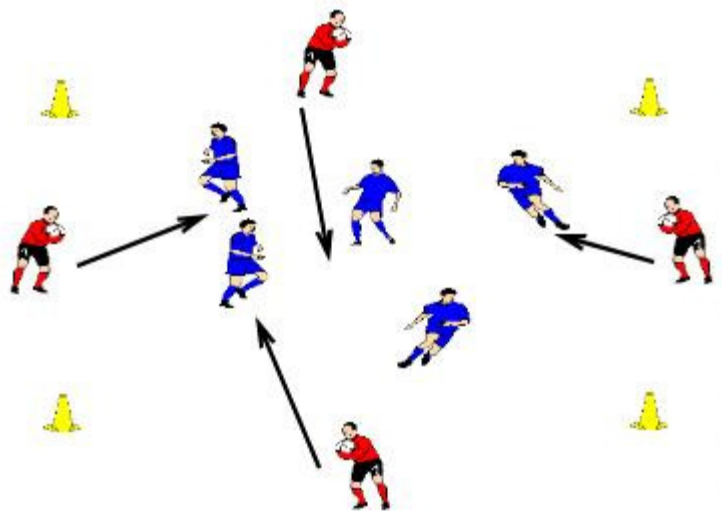


**Drill Name:** Poison Ball

**Age Group:** U/10 & U/11

**Objectives:** A warm up exercise that is a fun and increases coordination and spatial awareness.

**Diagram:**



**Description:** The players on the outside start with a ball each and aim to hit the players in the inside with the ball below knee height. If a player is hit he has to leave the square and the last player remaining is the winner.

**Progressions:** Make the area smaller to increase the reaction time for the inside players.

**Coaching Points:** Players inside should be aware of the ball and take up position where they are open to see the area.