

BALL

- HIGH SKILL REPETITION
- RISK TAKING AND IMPROVISATION
- DOMINATE 1V1
- ACTIVITIES THAT PROMOTE A 2 FOOTED PLAYER



BRAIN

- FIND AND DEVELOP 'SUPER STRENGTH'
- TEAMWORK AND PROBLEM SOLVING
- ACTIVITIES WITH MULTIPLE VARIABLES AND OUTCOMES



BODY

- **EVASION, INVASION AND INTERFERENCE GAMES TO PROMOTE PHYSICAL ABC'S**
- **SHIELDING AND BALL PROTECTION TECHNIQUES**

