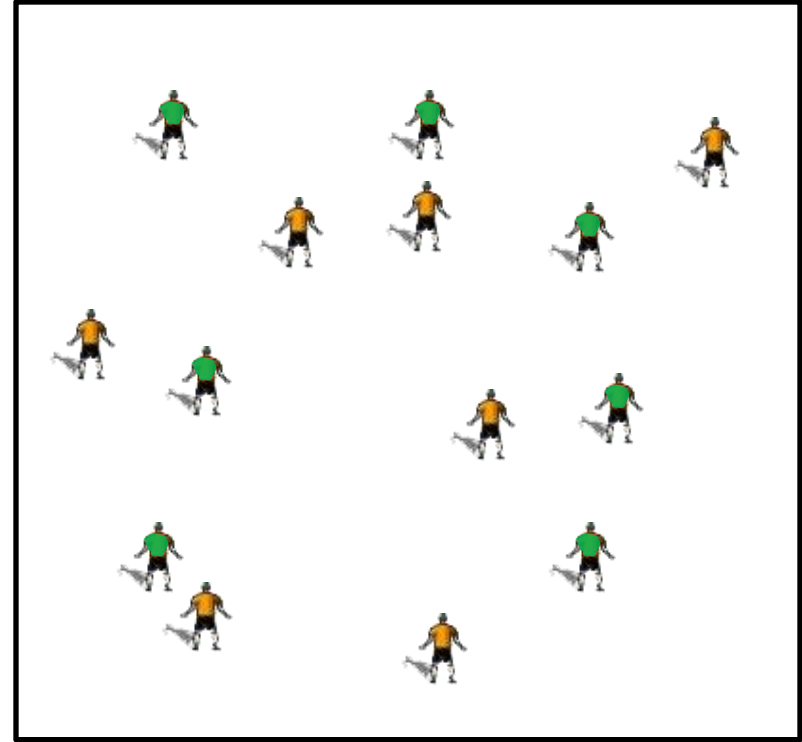


Hand on Head warm-up

Rules

- You are going to play possession without the ball
- The person who has the "ball" puts their hand on the top of their head
- To pass the ball, you must yell a teammates name, take your hand off your head, and they put their hand on their head. (don't forget to take your hand off your head when you pass!)
- To steal the ball from the opposition, you must tag the person with the "ball" (hand on their head)



Emphasize:

- **Communication**
- **Moving into space**
- **Knowing where you want to pass before you receive it**
- **Knowing what is around you**

Questions?

After they play for a few minutes, ask them how they could defend better? (some will figure out man to man would help)

How can you have more time when you receive it? (find space to receive it in)