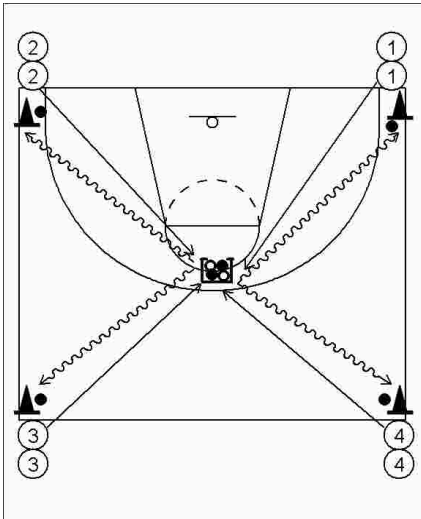


Rob the nest



Rob the Nest

- The group is divided into 4 teams.
 - Each group takes a corner of either the half court or the full court
 - The aim of the game is to collect the required amount of balls (as determined by the coach ie. 3) to win
 - To collect balls, 1 player from each team sprints to the middle and collects a ball from the "pile", then moves back to their nest using a determined dribble move, then places the ball next to the cone
 - Only one ball can be taken from the "pile" at one time
 - Each team is allowed one player in the arena at one time
 - When there are no balls remaining in the "pile", players can then steal balls from other teams nest - teams cannot stop their balls being stolen. Only one ball at a time can be stolen
- If a player doesn't complete a dribble move while in control of a ball, their team loses the ball and it is returned to the middle "pile"