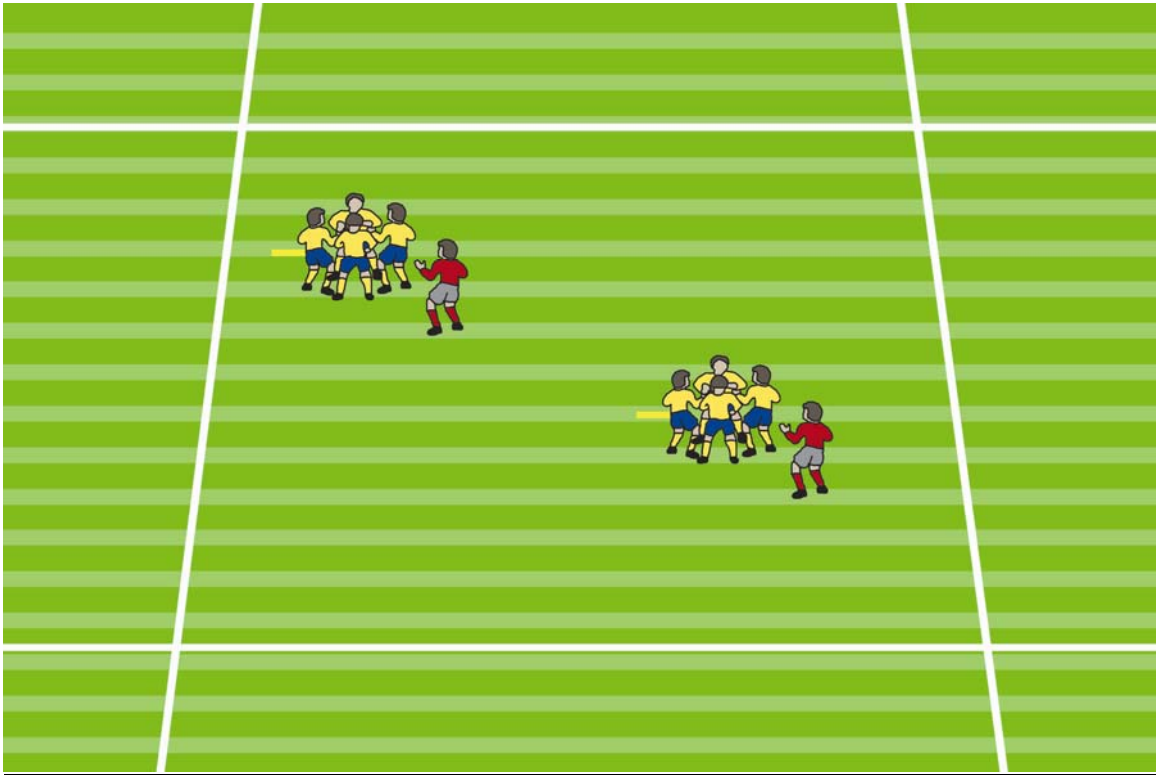


Capture the Pinnie



Organization:

Players get into groups of 5 with one as the “capturer.” The four other players get into a huddle and wrap their arms around the shoulders of the players next to them. One player in the huddle puts a pinnie in the back of the waistband of their shorts so it is hanging out. The “capturer” must try and grab the pinnie from the back of the player. The huddle is only allowed to spin in a circle to prevent the “capturer” from getting the pinnie.

Progression:

1. Put a ball in the center of the huddle. Now the group must concentrate on keeping ball in the center of the huddle while not letting the “capturer” get the pinnie. The huddle may now also move anyway they want.

Coach Notes:

Players are not allowed to move their arms off of the shoulders of the players they are holding. Switch out the “capturer” after about a minute or so. Let all players be the “capturer” at least once.