



# Grid Grip - Knockdowns

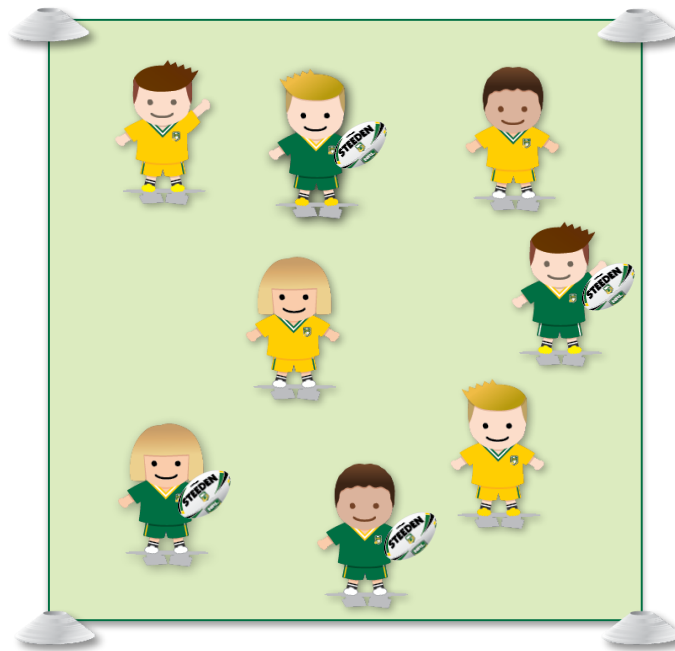
Skill – Grip & Carry

TYPE  
Open

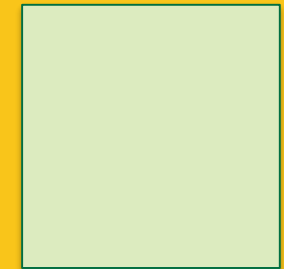
AGE  
6+

## Description

- » Every second player starts with the ball.
- » When the activity starts, the green players are able to run around the grid with the ball in two hands.
- » The yellow players must attempt to knock the ball out of each players hands.
- » Yellow players count how many knockdowns they achieve.

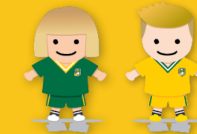


Field Size (10m)



(10m)

## Players



You can add as many players as needed

## Equipment



x (4) Markers



Whistle



x (1) Football per person



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