



# Rob the Nest

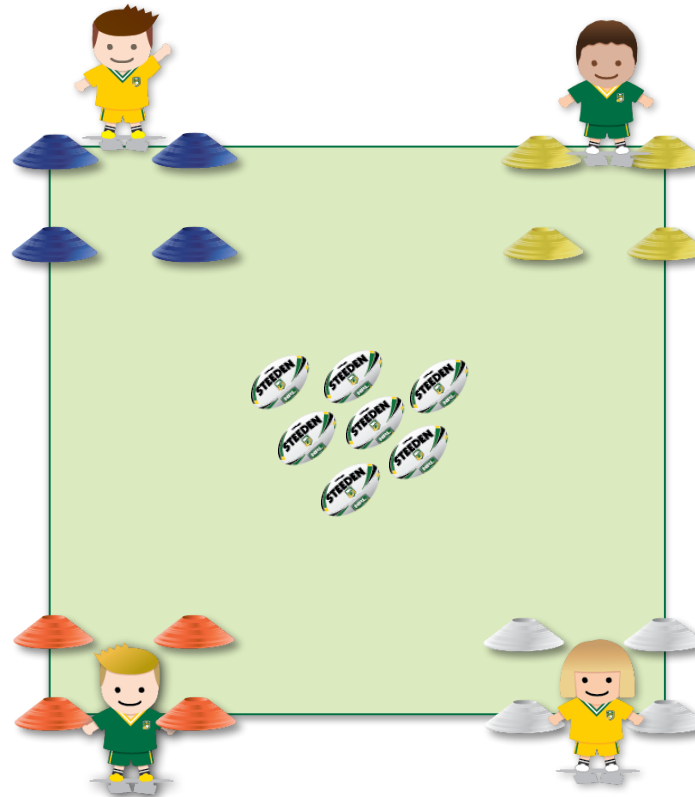
Skill – Grip, Carry & Evasion

TYPE  
Open

AGE  
8+

## Description

- » Teams of at least 2 start at each colored marker set.
- » When the coach says go, one player from each team can run to the middle and collect one football to take back to their markers.
- » Once the balls in the middle have all been removed, players can then steal a ball from another team's set of markers and take back to their own.
- » Play for a period of time and whoever has the most balls at the end, wins.



Field Size (10m)

## Players



Minimum 2 players per group

## Equipment



x (16) Markers



Whistle



x (7) Footballs



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