

# **GAMES**

**All games can be altered to suit the priority of the team at the time.**

## **“MINE”**

(receiving ball in the air, communication)

All players stand close together. Coach tosses the ball in the air, in their direction. Players must battle to head the ball, calling ‘mine’ each time. Missed balls result in exercise of choice.

Rules: Players must receive the ball with a body part above the knee (arms and hands don’t count). Players must say ‘mine’ prior to making contact with the ball. This player is out of the battle and may toss or fetch balls. Any ball that touches the ground prior to touching a player is a miss. Any ball that touches a player’s arm or hand is a miss. Any ball touched by a player that does not shout ‘mine’ first is considered a miss. When all players are successfully ‘out’, add up the misses and all players do an exercise (jumping jacks, push ups, up-downs, etc) equal to the number of misses.

This game may be altered to use a specific body part (head, chest, thigh). It may also be altered to redirect the ball toward a goal or to immediately chase ball and pass to target. You may also advance to receiving GK punts, crosses or free kicks.