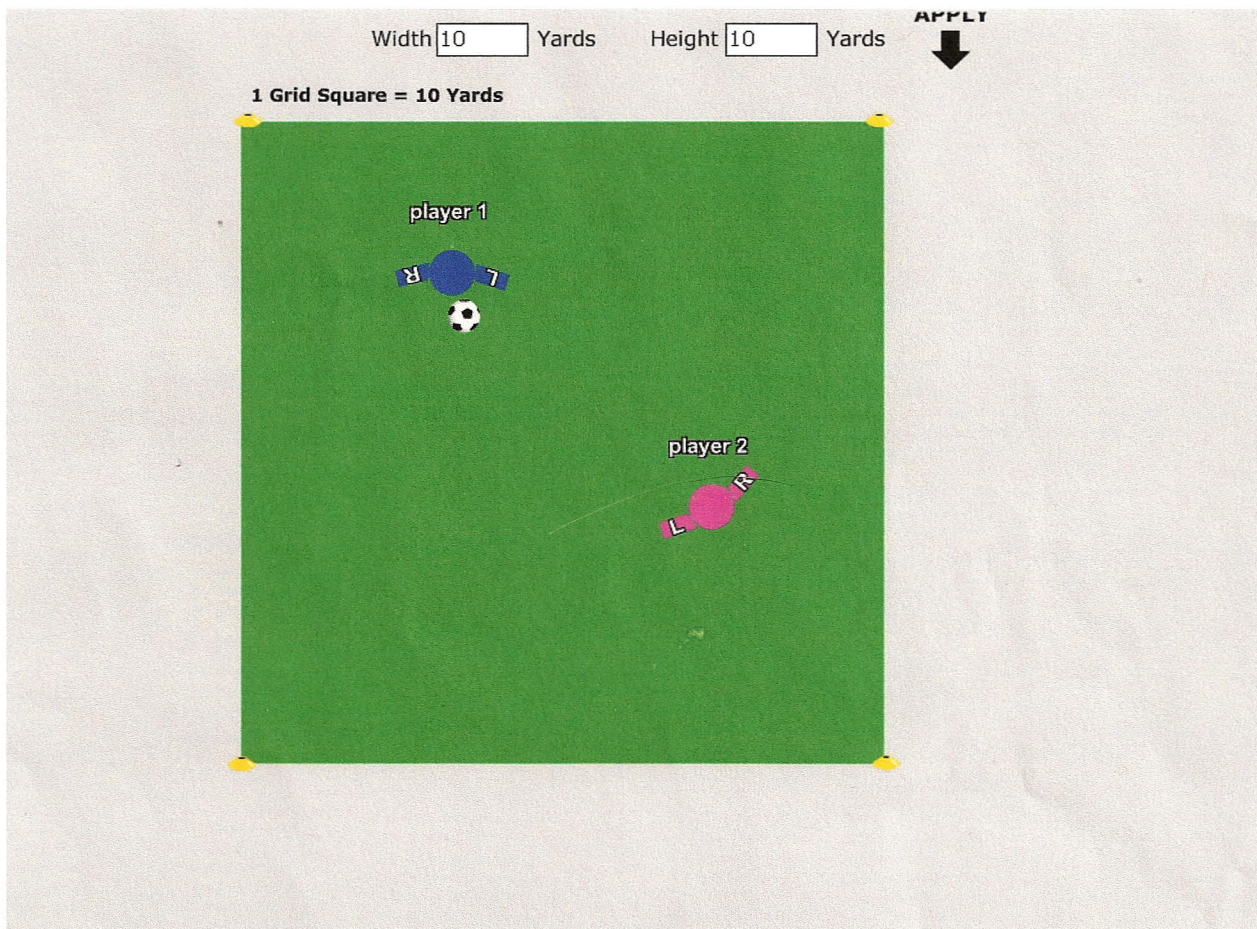


### Technical Game (Box)



**Date:**

**Measurement:** 10 x 10 or less

**Time:**

**Players:** 2

**Duration:** 5 minutes

**Level/Age Group:** All

**Description:** 2 players play against each other. Each have 1 touch any surface except hands. Ball must go above shoulder height and bounce inside square. Opposite player must allow ball to bounce first.

**Objective:** To work on using various techniques in a fun, competitive environment.

**Coaching Points:** Keep eye on ball. Get partner moving!!!

**Progression:** Smaller square for added difficulty. 5 x 5 for U16 and up.