



# Grid Grip – One Hand

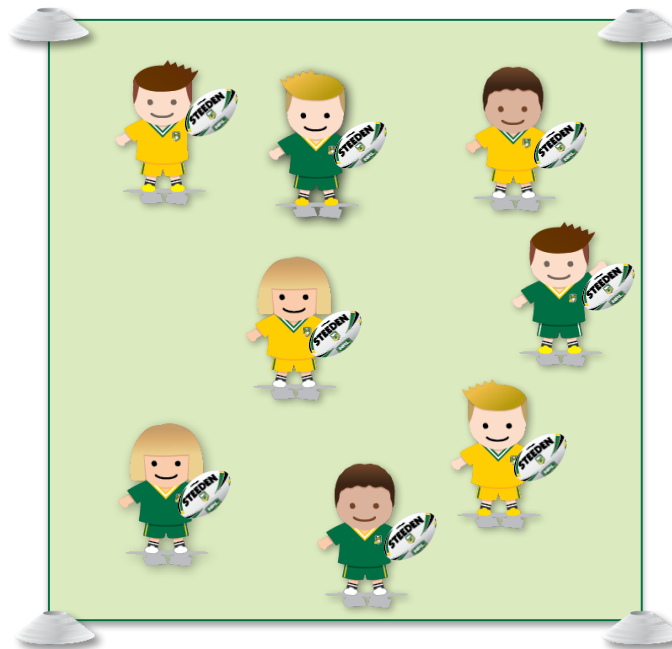
## Skill – Grip & Carry

TYPE  
**Open**

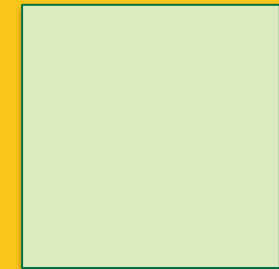
AGE  
**12+**

## Description

- » Each player starts with the ball.
- » When the activity starts, players are able to run around the grid with the ball in one hand.
- » The other players must attempt to knock the ball out of each players hand by using their other hand.
- » They must have a one hand grip to attempt a knockdown.



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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