



Grid Grip – Fend

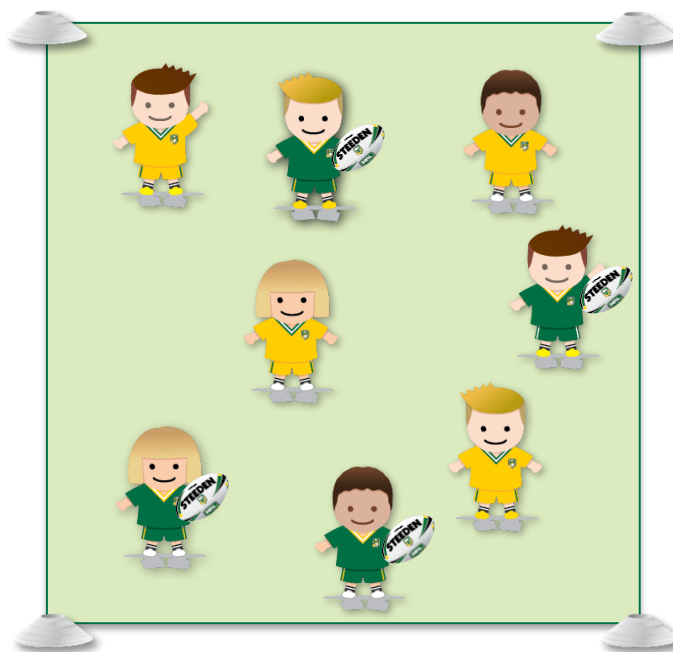
Skill – Grip & Carry

TYPE
Open

AGE
12+

Description

- » Half of the players start with a 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.
- » The attacking player is allowed to attempt a fend to stop the opposing player knocking out the ball



Field Size (10m)



(10m)

Players



You can add as many players as needed

Equipment



x (4) Markers



Whistle



x (1) Football per pair



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