



## Hungry Hippos

**Appropriate Age Group:** 6-10

**Skill(s) Practiced:** Scooping, Shooting, Dodging

**Drill Duration:** 5 minutes

**Resources:** 3-4 ball per child, cones, goal(s)

**Description:** Players are divided into two teams, with each team being placed on one half of the field. The coach scatters an equal number of balls on each half of the field. On the whistle, players run around, scoop a ball on the other side, run back and shoot it into their goal. Players must chase any missed shots and shoot it again into their goal. Go until all balls are cleared from each side.

**Progression(s):** Switch top hand on the stick. Divide into additional teams with less players per team. Add a box players must run through and dodge a coach

**Drill Diagram:**

