



Scrambled Eggs

Appropriate Age Group: 5-10

Skill(s) Practiced: Dodging, Stick Protection, Cradling

Drill Duration: 5 minutes

Resources: 1 ball per pair of kid, cones

Description: Just like Pinnie Tag, except now the player will hold a ball in the open palm of one of their hands, with their hand held up in the box position near the shoulder/ear. If they drop the ball and their partner picks it up the partner gets a point.

Progression(s): Alternate which hand is used to hold the ball.

Drill Diagram:

