

**Any Direction touch ball – For agility and different ways of moving.**

* Two or more players in a smallish square
* One player has the ball or equivalent.
* The other player/ players have to touch the ball as many times as they can in a set time.
* Players must stay inside the square.
* Make the square bigger or smaller to make it easier (or more fair if your players are different sizes!)
* Add new rules to make it easier or harder i.e. Ball not allowed above shoulder height.

Run any direction, stay inside the square!

Change the time/ size of square & make up new rules!

How many touches can you get on the ball in 30 seconds?