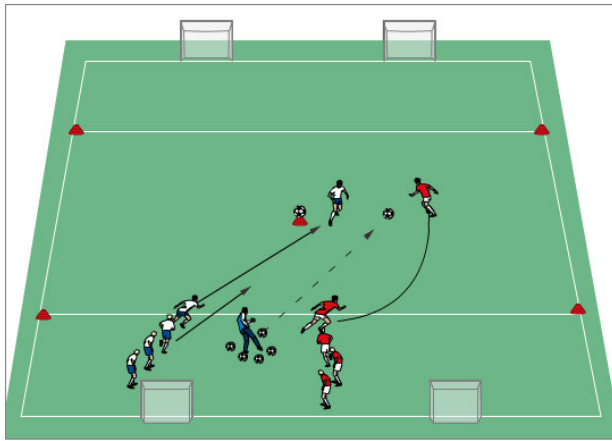


Get Out of Here- Knock the Ball off the Disc!



The Game: Place a ball on top of one large disc in the middle of a field 20 x 15 yards. Place half of team on each side of the coach. The coach stands at halfway line with all the balls. When the coach plays out a ball the first two players run out and try to score by knocking the ball off of the disc. If a goal is scored or the ball goes out of bounds, the coach yells “Get Out of Here!” and plays in a new ball immediately for the next two players.

Variation:

- Coach calls out a number. Example Number 2, the first 2 players in each line come out and attack the disc.
- Coach can call 2 red, 1 white to create a numbers up situation.

Get Out of Here- Knock Ball of either Disc!



The Game: Place a ball on top of two large disc in the middle of a field 20 x 15 yards. Place half of team on each side of the coach. The coach stands at halfway line with all the balls. When the coach plays out a ball the first two players run out and try to score by knocking the ball off of either disc. If a goal is scored or the ball goes out of bounds, the coach yells “Get Out of Here!” and plays in a new ball immediately for the next two players.

Variation: Coach calls out a number. Example Number 2, the first 2 players in each line come out and attack either of the discs.

Focus:

- Quick reaction
- 1v1 attacking & defending
- change of direction (which disc is unguarded).

This form of Get Out of Here is much more possession oriented than the game to goals. It has teamwork (when you play with numbers), offers plenty of transition, and is a Fun!