

# BOX CONTROLS

**Organization:**

Divide the players into two teams. Put half the balls with one team.

**Structure:**

An 8x8 yard boxes 10yards away from a line.

**Procedures:**

One team serves flighted balls into the box. The other team lines up behind the box and one at a time try to settle a flighted ball inside the box with only two touches. Your team receives a point for every successful control inside the box. After two minutes the teams switch roles.

