

# CANADA

**Organization:** Divide the players into three teams that each start in their own grid. The balls are with the coach next to the middle grid.

**Structure:** Three 12x12 yard boxes.

**Procedures:** The coach starts by passing a ball into one of the end boxes. At the same time one defender from the middle box enters the same end box. Now they proceed to play 4v1 in that box. After three passes in a row the attacking team tries to pass the ball into the far box without it being intercepted. Each successful pass into the far box is a point.

If you score a point then you stay in your box and the same thing happens in the other box. If the defender touches the ball, the goes out of play, or the ball is intercepted in the middle box then the defenders win the box and move out of the middle. The former attackers move into the middle box and at the same time the coach serves a new ball into the far box and one of the middle players enters the far box to defend.



