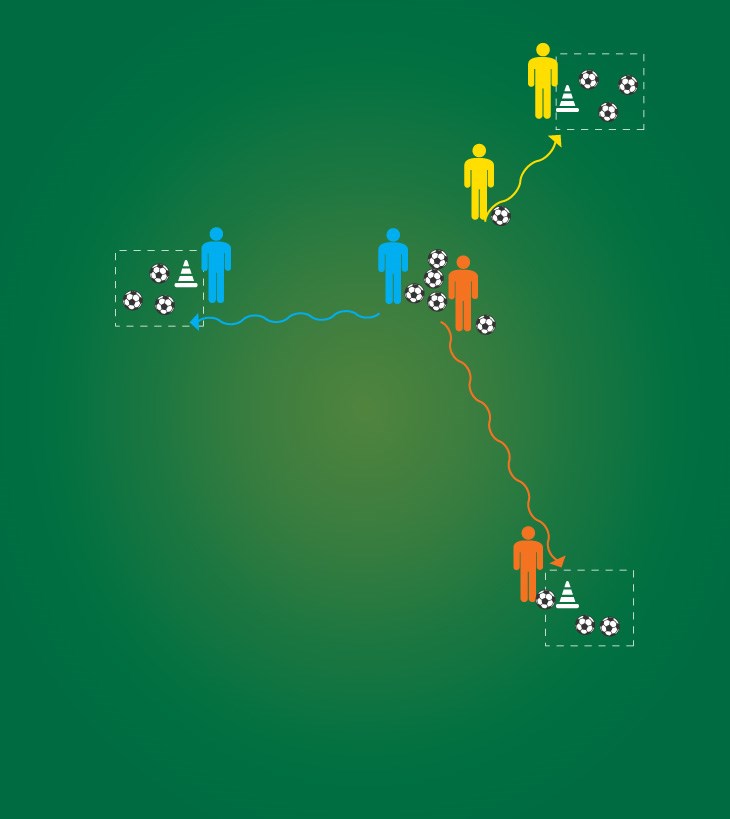
## Middle: Feather the Nest



Mark out a triangle with sides 10m–12m long. Three teams of two players are positioned at each corner with a cluster of balls in the middle of the triangle.  
The object of the game is to gather as many balls as possible for the corner or ‘nest’ within a set time period.

One player from each team runs to the middle of the triangle to get a ball and dribbles it to their corner, or nest, and leaves it there. Their team-mate then does the same. When all the balls in the middle of the triangle are gone, players can take them from someone else’s nest.

### Notes on this exercise

**Players are NOT allowed to stop others from taking balls from their nest**  
**– no blocking, defending, tackling, etc. No hands! Feet only.**