## Middle: Empy it! Fill it!



Mark out a 14m × 14m square.

Players in two teams dribble balls inside the square. Outside the square, each team has two lines marked: one for their balls and one for themselves. On the call ‘empty it!’ the teams compete to be the first to empty the square.

On the call ‘fill it!’ the teams compete to be the first to get all their balls and themselves back in the square.