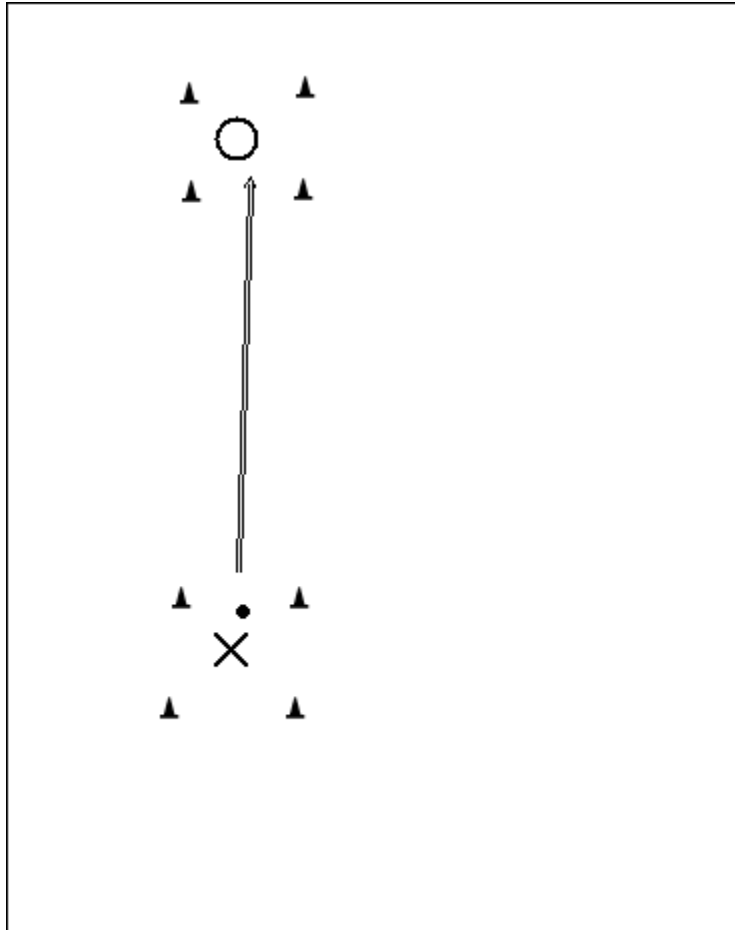


NO MANS ZONE



Setup - two small grid 2 yards X 2 yards about 15 - 20 yards apart.

The Drill - Players pass the ball back and forth and try to receive the ball and keep it in their grid. One point for keeping ball in the grid.

Variations - Must receive ball within "2 touches" or players serving the ball may "baseball throw" the ball to challenge player collecting the ball.