



# Ketchup

1. Each player has a “tomato” (their ball) which they dribble around the field.
2. Coach walks around, ball in hands, trying to make “ketchup” by dropping his ball onto theirs.
3. Players shield their ball from the coach.
4. Add more players making ketchup.
5. Encourage players to shield the ball so others can’t make ketchup..

**Coaching Point:** *Some players have difficulty using their body, so show them the correct way to shield or hide their ball.*

