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The Octopus

1. The Coach is the “Octopus” holding 2 vests or pool noodles. Start without the ball. Octopus tries to tag as many players as possible on their feet.
 2. Next step is for each player to have a ball and the octopus tries to tag the ball.
- *You can have players become Octopi.*

Coaching point:

- *Get players to hide the ball & turn away.*

