**Cajun Ball**

**3-5**

Cajun Ball

* Great game to practice throwing, catching, and dribbling used in the game of Team Handball.
* The object of the game is to knock down the tee or the ball off the tee from outside a 15 ft. neutral zone.
1. Divide the group into teams of 6 players and set up more then one game if possible.
2. Play starts in the middle of the field with a jump ball.
3. Players can take 3 dribbles, 3 steps or a combination of the two.
4. You may only hold the ball for three seconds after completing your steps or dribbles.
5. A dropped ball or incomplete pass is a free ball.
6. No contact is allowed penalty shots can be rewarded for contact (a free shot on the tee from outside the 15ft. neutral zone).
7. Defensive players are allowed into the 15 ft. neutral zone surrounding the tee to retrieve a ball.
8. After a point is made the other team starts play with one foot on their neutral zone line.
9. There are no boundaries unless the teacher indicates a need.

Equipment

Small playground ball or foam ball (one for each game), 16 or more poly spots or cones to mark the neutral zone, 2 small balls and 2 tees for each game, and pennies for 2 or more teams.

Neutral zone with a tee and ball in the center

15ft from center to edge of zone

 **X**

 Center of field