**Ball Control Tag-**

Using cones set up a variety of shapes. You need one shape per group of 4. Two people are working and, two are on deck. On go they go for 30 seconds. The dark player is trying to stay away from the light player. If the light player tags the dark player she wins and the dark player does 5 pushups.

* For added challenge the light player can be without a ball. But now the dark player can use a 3D skill to get in and out of the shape quickly cutting across the shape, while the light player must stay outside.

