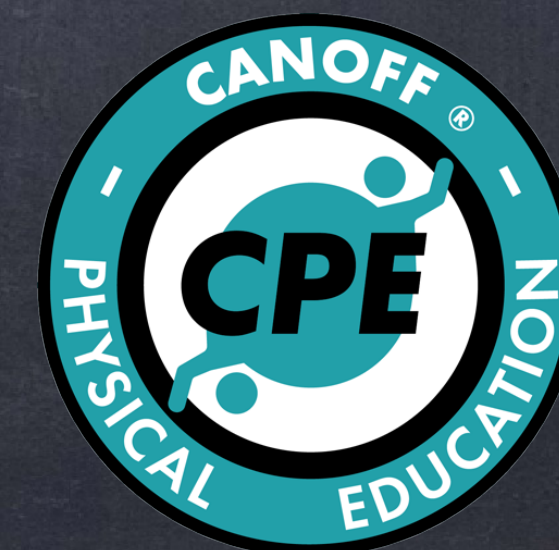
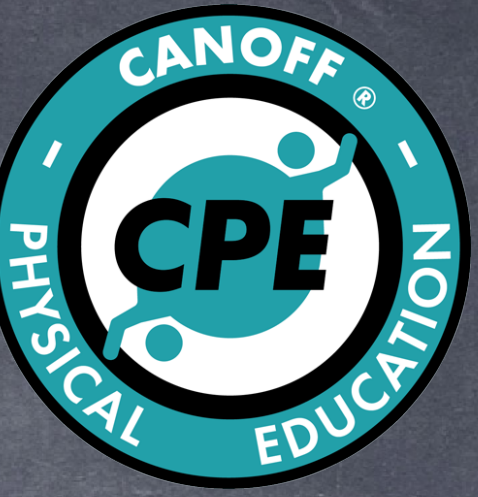


Can-Off: Session Seven





Protect the Castle

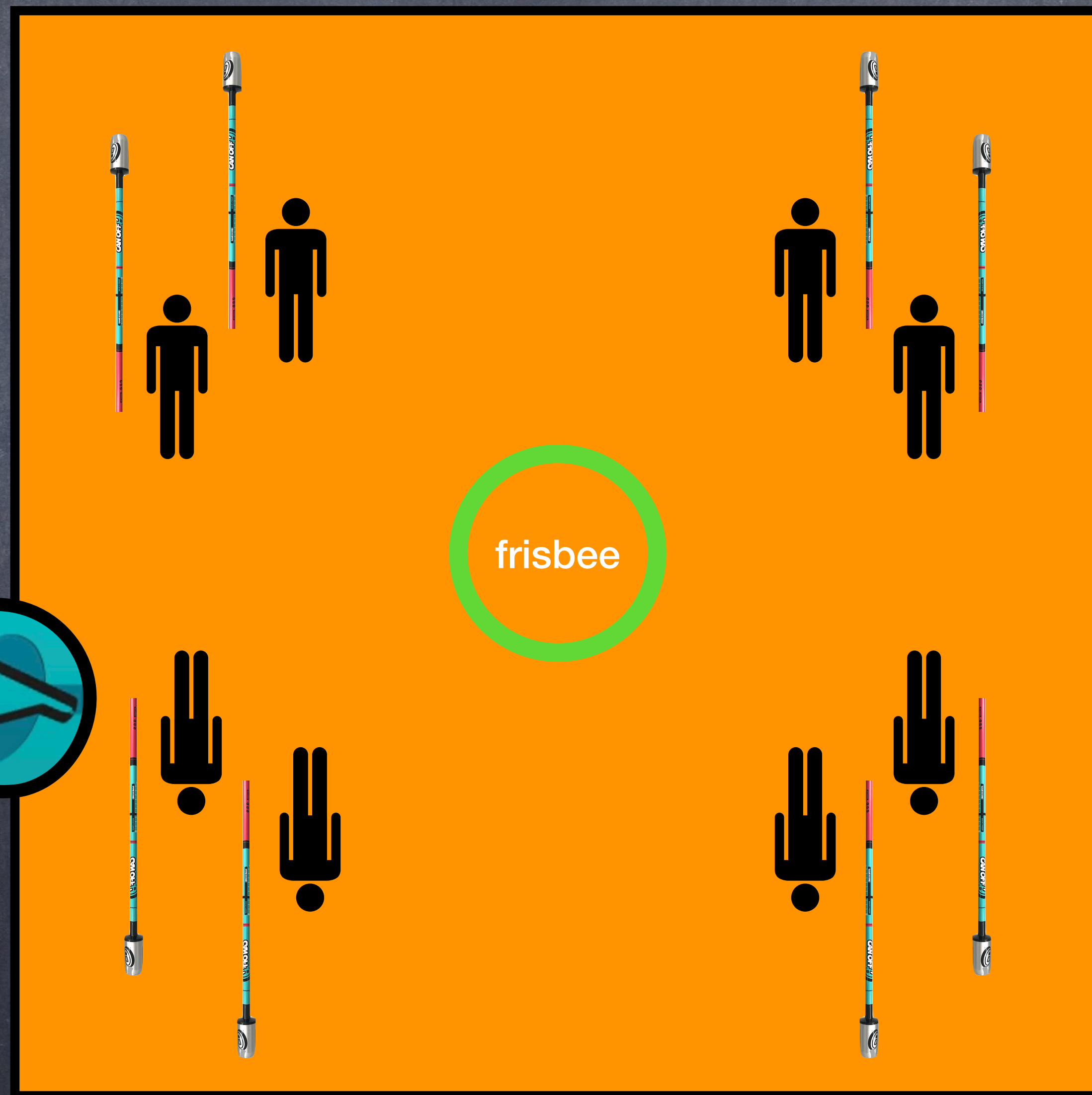
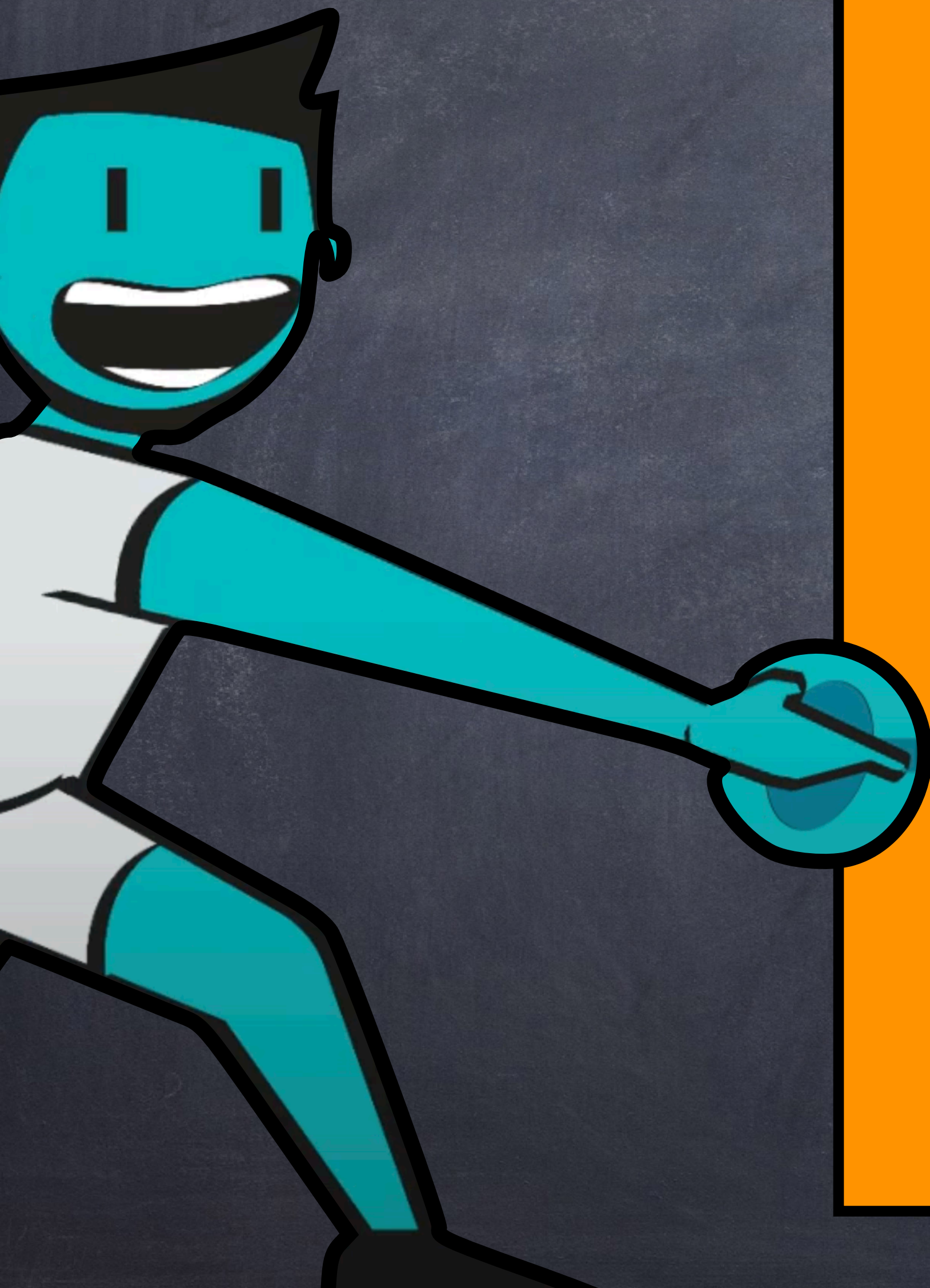
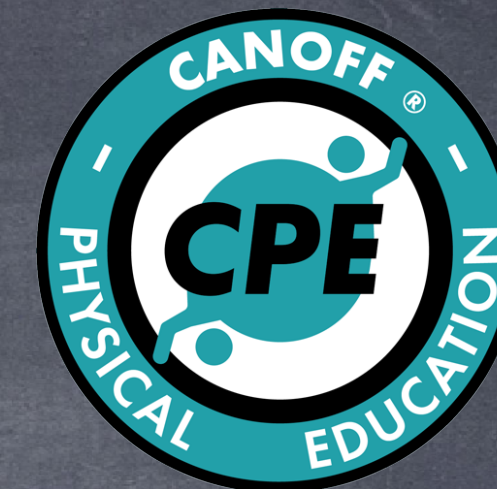
Protect your castle and try to conquer the other kingdoms.

This is a great game that works on throwing, catching, striking, tracking and blocking.

All you really need is a frisbee and some cans.

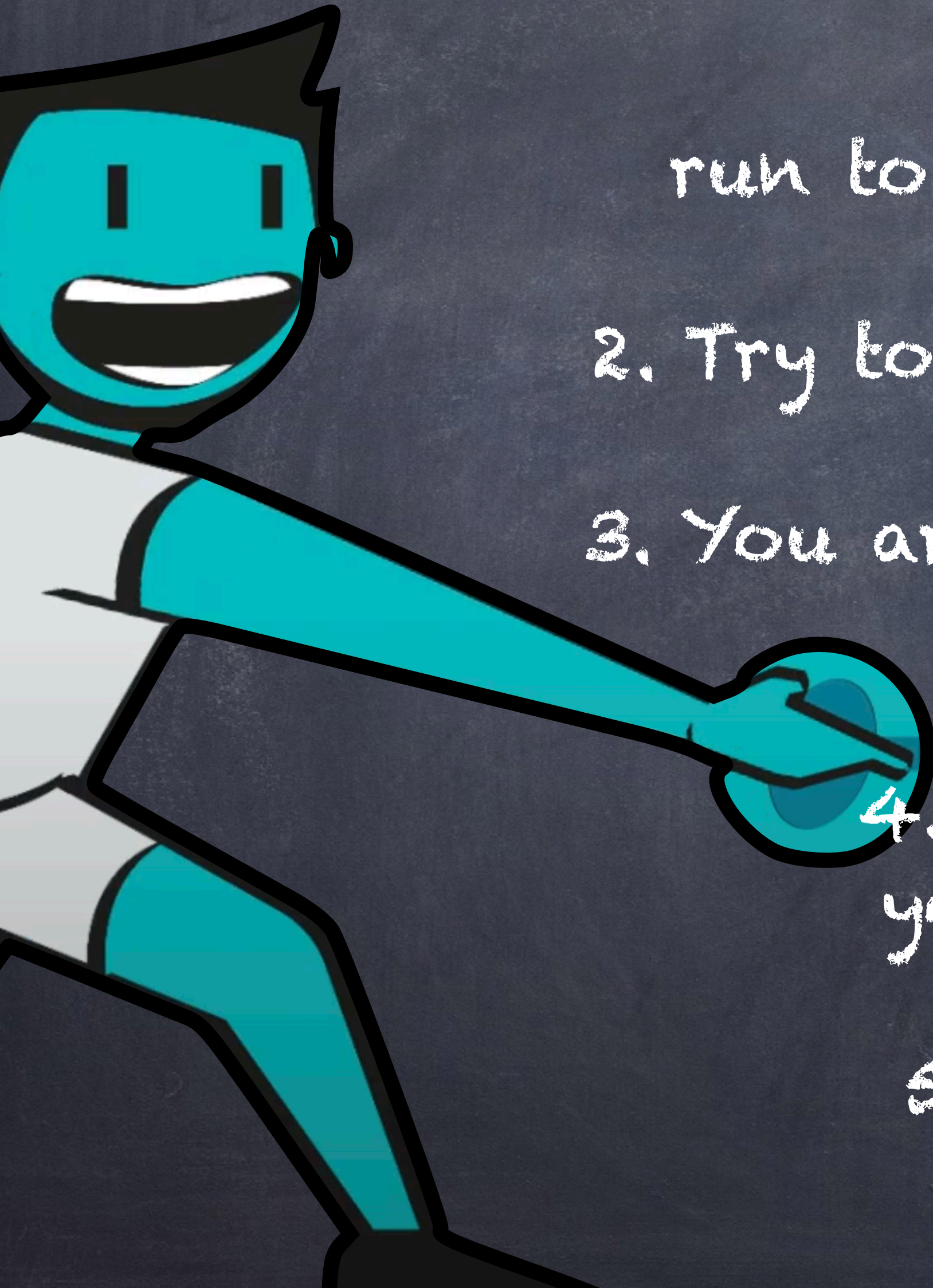


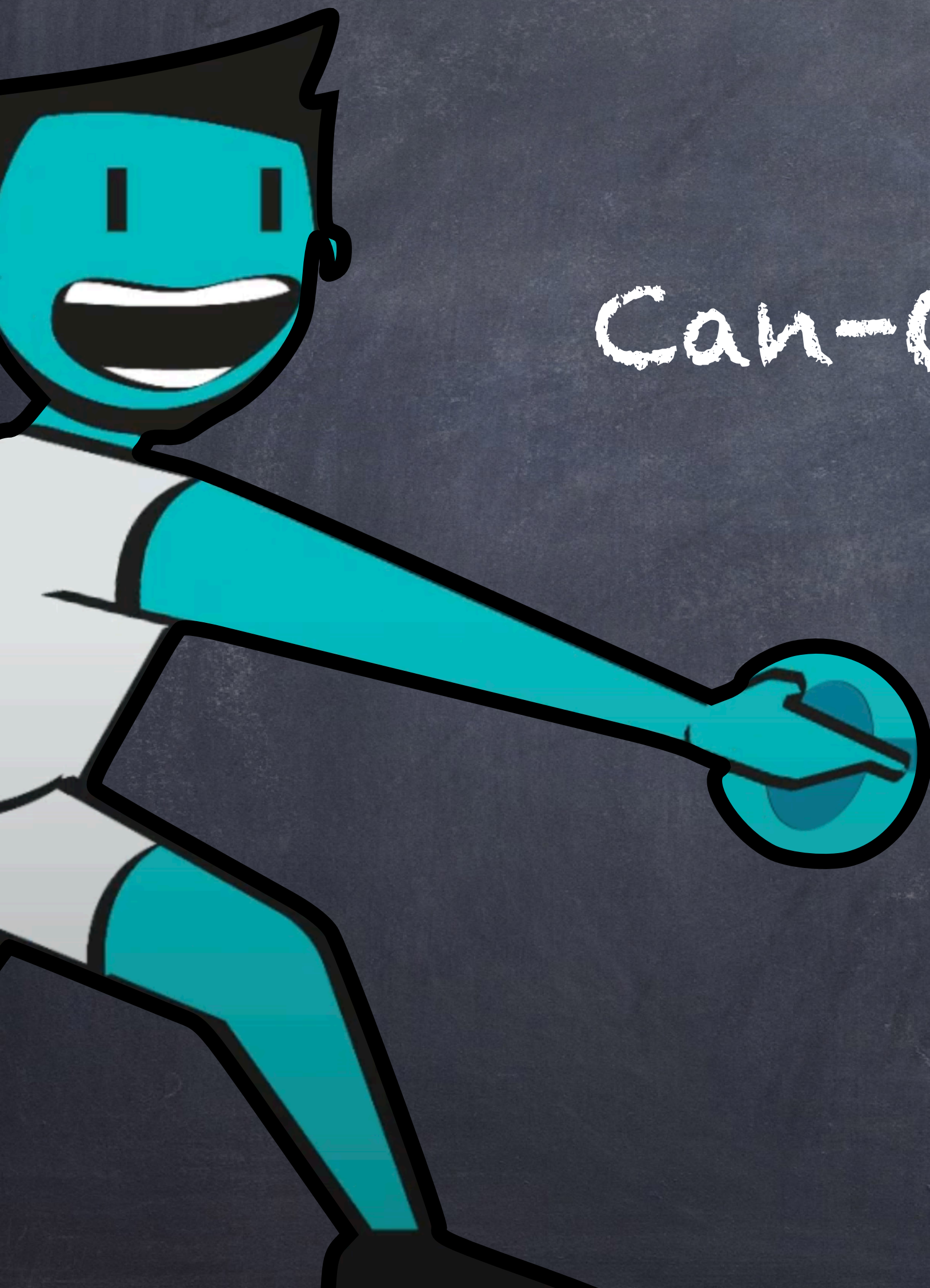
Protect the Castle



Protect the Castle

1. On the whistle run to the middle to grab one frisbee.
2. Try to knock off another team's frisbee.
3. You are only allowed to throw a frisbee from where it lands.
4. You can block frisbees but you may not block the cans.
5. Last team standing wins!





Can-Off: Capture the Castle

Game on!

