

● **You'll need:** hoops, cones, soccer balls or foam balls

● **You can play:** outside, in the gym, on the blacktop, field

Game 1

Call the Ball

Each player starts with a ball. When you say go the players start dribbling around. When you call out instructions, everyone must come to a complete stop as quickly as possible and complete the activity that is called out. Example: knee on the ball, circle the ball around your waist, 5 toe taps etc.



Make the calls more challenging like dribble along a line, dribble with one foot etc.



Make the space larger to slow the game down and give players more room. Make calls less frequent to allow for exploration

Game 2

Walk the Dog

Give each player a ball and have them dribble around the area pretending to take their dog for a walk. When the leader shouts "Oh no! My dog ran away!" the players kick their ball as hard as they can and chase after it. Repeat several times and for an added challenge try dribbling along a line or with right/left foot only.



Introduce 'Step, Stomp, Kick' to encourage players to practice the whole movement pattern



Verbally cue and visually demonstrate the kicking steps each time players need to kick

Game 3

Four Corner Squirrels Dribbling

Divide the group into four teams and place a "nest" (hoop) in each corner of the playing area. Inside each nest place 5-10 "acorns" (balls). Teams must try to steal acorns from other team's nests and bring them back to their own nest by dribbling with their feet. There is no way to protect your acorns in this game so it is all about speed.



Move the 'nests' further away from each other. Use only right or left foot.



Move the hoops closer together. Remind players to keep the ball close to their feet and keep their head up.

Mindfulness



Body Scan