

● **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

Lord of the Rings

Spread out 10+ hoops in the play area. Each player is given a ball and on the signal, they're given a set time (60 seconds) to capture as many rings as possible. To capture a ring, players dribble their ball around a ring 3 times. They must go to a new hoop each time. The goal is for players to capture as many rings possible in the time limit. Play multiple rounds so they can improve their score.



Increase the challenge, by dribbling using only left or only right feet.



Decrease the challenge by extending the time limit or removing it completely

Game 3

Kicking Skittles

Divide the group into two teams, one on either side of the middle cone line of the playing area. Set up 6-12 foam blocks at the end line of either side. Cones are used to mark out a defending zone 5 steps in front of the blocks. The object of the game is the knock down the other team's blocks before all of yours gets knocked down by kicking the foam balls or soccer balls to the other team's side. Players cannot pick up the balls in this game. Remind players that kicking the ball low to the ground is the most effective way to knock down the foam block.



Move foam Blocks further away from the center line increasing the distance players must kick



Place foam blocks closer to the center line to reduce distance

Mindfulness



Body Scan