

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

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

Game 1

Lord of the Rings

Spread out ten or so 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 three 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.



Dribble with the inside and outside of one foot



Make the space larger to slow the game down and give players more room

Game 2

Gates

Set up pairs of cones two feet apart throughout play area (about 20 cones to make 10 gates). The goal of the game is to pass the ball as many times as you can to your partner through the cones (gates) within a given time limit. You can't go through the same gate twice in a row, you must go through a different gate. This game works on dribbling and passing with the concept of working with a partner.



Try dribbling with the inside and outside of one foot and see how many gates partners can collect in a set time



Make gates wider apart to allow for more success in getting the ball through

Game 3

Pick Up Sticks

Each player gets a foam block and a hoop and they can set up their foam block inside their hoops anywhere in the area. The object of the game is to knock over everyone else's blocks by kicking balls at them. You can only kick a ball if your block is still standing up. If your block is knocked over you must do five jumping jacks before standing it back up. To defend your block you must be outside of your hoop. Discuss offense/defense strategies as a debrief to this game.



Use as many balls as possible to increase the speed of the game. Decrease the size of the play area to increase difficulty



Put less foam balls out in the space and use a larger play area

Mindfulness



Stretch of the Day