

- **You'll need:** foam balls, foam blocks, cones, soccer balls, hoops (optional)
- **You can play:** gym, outside, field

## Game 1

### Around the World

Set up a number of cones in the play area. Have the players start off by dribbling a ball around the play area. When you hear 'around the world' everyone must find a cone to dribble around and then carry on dribbling in the play area. This gives everyone a chance to practice dribbling on their own time.

- ▲ Challenge players to dribble with one foot only around the cone
- ▼ Use hoops instead of cones to make the turns bigger and easier

## Game 2

### Cats and Dogs

Split the group into two equal teams. One team is the cats and the other is the dogs. Each player has a ball. Teams line up on either side of the midline. When the leader shouts "cats" that team must turn and dribble their ball to the safe zone at the end of their area. The dog team dribbles while chasing the cat team. If tagged, join the other team.

- ▲ Start the lines further apart to increase the difficulty of catching partners
- ▼ Give players a tagging tool like a foam block or noodle to make it easier to tag

## Game 3

### Kicking Skittles

Two teams are on opposite sides of the playing area. The blocks are set up in a line on either side. Cones are used to mark out a defending zone in front of the blocks. The object of the game is to kick foam balls to knock down the other team's blocks before all of your team's get knocked down. If players accidentally knock over their own block it stays down.

- ▲ Add more foam blocks as targets or move the blocks back further from the midline
- ▼ Begin with fewer foam blocks on each side and move them closer to the midline

## Mindfulness



### Balloon Breathing