

● You'll need: foam balls, pinnies, cones

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

### Energizer



### Triangle Toss

Can also be done with two people only. The goal is to receive a ball then throw it to the next person in the triangle (or back to your partner if you're a group of two) all while keeping the second ball "in your position". That means you must throw your ball up, catch and throw the other ball, then catch your original ball again. Best explained through demonstration. Can be challenging, but is more of a "practice practicing" exercise.

### Skill Practice



### Elastic Band

With a partner, begin a simple game of catch (foam balls work great). Everytime you catch the ball successfully, take a step away from your partner. Keep stepping away until the ball is dropped or hits the ground, then "snap back" like an elastic band, and begin again. Count your steps and try to beat your high score.



Increase the challenge by catching with one hand, throwing with your opposite hand, or balancing on one foot while you catch.



Start slow by taking small steps, using a smaller ball for smaller hands, or allowing for one bounce before catching.

### Group Activity



### Team 11 Pass

Divide your group into teams of about 5 kids, with one team matched up against one other. The goal of the game is for one team to complete 11 passes in a row without turning the ball over. A turnover is a dropped pass, a knocked down pass (by the other team) or an interception. After a turnover, the other team collects the ball and starts at 0. If a team can reach 11 passes in a row, they win that round and the opposite team can begin again. The key to this game is that the person with the ball cannot take steps - instead, teammates must work to get open while within the allowed space.



Challenge participants to catch and throwing using one hand only, or with their opposite hand only. Increase the goal from 11 to 15 or 20



Allow for one bounce before the ball in caught, or decrease the goal from 11. Adjust the ball being used to something more catchable if participants are having trouble.

### Debrief



- Was it beneficial to use your teammates?
- How did you show your teammates you were open?