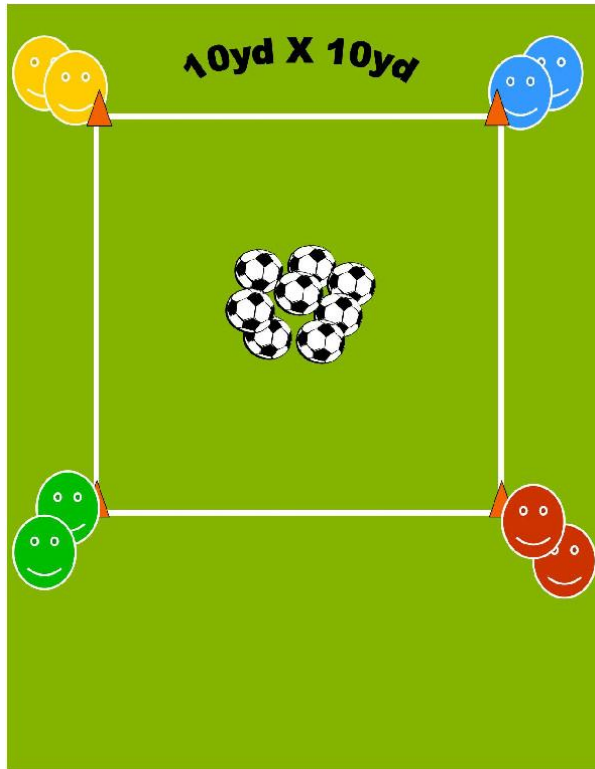


Fitness Fun (All Ages)



Place all of the balls in the center of the grid. Each pair of players needs to accumulate three balls at their corner by sending a player racing to the center and then dribbling back. Warning – players will often send more than one player out!

Variations:

1. After players get the hang of racing to the middle and dribbling back, allow them to steal balls from adjacent corners. For example, red players could run to the purple or green corners to get a ball instead of racing to the middle. Warning: Players will try to defend their balls. It is best to not allow this the first few times you play.
2. Allow players to pass one ball from the center of the grid instead of dribbling back. Be sure their partner doesn't leave the corner before the first player returns though.
3. Make players dribble with a particular foot, i.e. left foot only.

Focus:

Emphasis should be made on getting to the balls quickly and dribbling as fast as possible, but under control. Tactically, players need to pay attention to how they can keep their adjacent opponents from accumulating more balls.