

### Warming Up

1. Shadow Boxing - 30, 45 sec. - 3 bouts (boxing with an imaginary partner).
2. Brisk Walking - confined area, add vigorous arm movement.
3. Slow Running - forward, backward, sideward; add raising the knees high from time to time; raising the heels high.
4. Skipping high and low; slow and fast; changing direction.
5. Running at different speeds; many direction changes.
6. "EVERYBODY'S IT" - tag other team members without getting touched, last player tagged wins - start another game.
7. "HOP TAG" - Same as above but player's must hop.
8. "FOOT TAG" - partners try to touch other player's foot with the sole of their own foot (light touches, quick feet) .
9. Leap Frog and Under - crawl through the legs of partner and hop over ball with both feet.
10. Ball Taps - touch the top of the ball with one foot then other; increase speed; go around the ball.
11. "Two Player Back Tag" - Two players stand facing each other, each player tries to get behind the other to tap them on the back. Variation: "Entire Team Back Tag".

### Ball Gymnastics: Individual

1. Pinch the ball between ankles, lift it to your hands by jumping, and then bend to place it on the ground.
2. While sitting, throw the ball up under hand. Get up, jump and catch it over your head. Sit. Repeat.
3. Stand with your legs straight and the ball at your feet. With your hands roll it around your feet. Repeat. variation: Figure eight around legs.
4. Sitting with the ball pinched between ankles, lie back with arms stretched behind head, bring the ball over your head to your hands.
5. Sit straight-legged with the ball at your hands, roll it around behind your back and again. Repeat.
6. Any surface juggling (add a catch if necessary, or a bounce).

### Ball Gymnastics: Partners

1. Two players stand back to back, feet together, twist upper body and hand the ball to their partner, who in turn twists and returns to the ball. Repeat. Increase speed, change direction.
2. Two players stand back to back, one player passes the ball with their hands under their legs to partner, who stands and passes the ball over their head. Over the head under the legs. Repeat. Increase speed.
3. Two players start with balls (2) held on their left side. Both throw at the same time to the other's right side. Each returns the ball to his left side to throw again.
4. Two players face one another, 2-3 yds. apart - 1 ball. Players volley (pass the ball in the air) the ball to one another. All surfaces of the foot. Volley- catch -volley.
5. Two players face one another, 2-3 yds. apart - 1 ball. Player rolls the ball under the legs of their partner. Partner must turn and retrieve ball before it stops rolling. Process is repeated by each player.
6. Two players stand facing away from each other, 5-10 yds. apart. Each holds a ball. One player throws the ball through their legs; the other throws their ball over their head. Each turns to catch the pass. Repeat, switching roles.