



Under the Bridge

Appropriate Age Group: 5-10

Skill(s) Practiced: Scooping, Carrying, Rolling

Drill Duration: 5 minutes

Resources: 1 ball per child, Adults, Noodles

Description: Multiple sets of adults walk around the field carrying a pool noodle between the pair of them. As they do this, the child rolls a ball between the adults and must scoop it by passing under the noodle.

Progression(s): Alternate top hands on the stick. Alternate player roles.

Drill Diagram:

