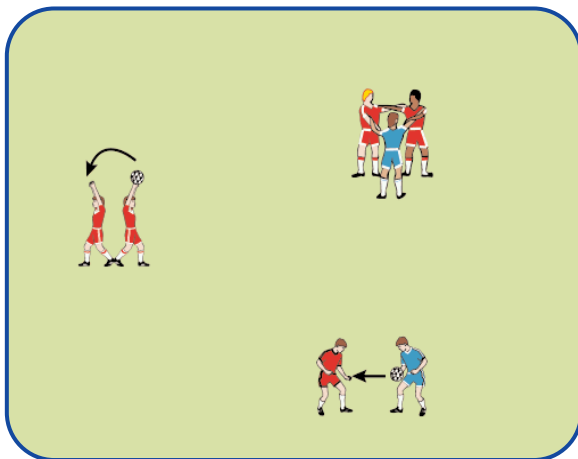


● Ballnastics - Competitive/Cooperative



● Activity Organization:

1. Over and Under

Standing back to back with some space in between and with one ball. One player hands the ball to the other player "over" their head with hands outstretched, then they both bend forward and hand the ball back "under" between the legs.

The ball is handed not tossed.

Continue in an "over-under" sequence for 20-30 seconds.

2. Side to Side

Standing back to back with some space in between and with one ball. Both players twist to the same side and exchange the ball. They then twist to the other side and hand the ball back. Continue in a "side to side" sequence for 20-30 seconds.

VARIATION:

Side to Side Opposite.

Standing back to back with some space in between and with one ball. Both players twist to their right (which makes it an opposite or full twist motion) and exchange the ball.

They then twist to the left and hand the ball back.

Continue in a right to left sequence for 20-30 seconds.

3. Ball Wrestling

A competitive and strength activity. One ball between two players. Both players get a good grasp of the ball.

On the coach's signal, the players try to wrestle the ball free from their partner. The player who rips the ball free wins the point. You can play the best of three or five and then switch partners.

4. Draw

Players work in pairs with a ball.

Players face each other with the ball between them at a distance of one step away. Both players stand with feet parallel so that a straight line is across their toes.

● Ballnastics Competitive/Cooperative continued...

On the signal 'Draw', they try to be the first one to pull the ball back with the sole of their foot. Players then repeat taking turns calling "draw". This can also be used to start small-sided games or as a lead up to one versus one exercises.

5. Head/Catch

Players work in a confined area, in pairs, with one ball per pair.

Partner tosses the ball at head level to his teammate and calls out 'Head' or 'Catch'. Player receiving the ball reacts accordingly by catching or heading it back. This process is repeated rapidly for approximately one minute, then players switch roles.

Players must toss the ball at the same height each time and call out 'Head' or 'Catch' upon release. Once they are familiar with this routine, throw a wrench in the works and play a game of opposites. Now the player does the opposite of the call. If head is called they catch it and vice versa.

6. Toe Fencing

Partners facing each other with arms on each others' shoulders and without a ball.

On the coach's signal, players try to touch their partners toes without being touched.

Score one point for each touch. Play for 30-60 seconds. No kicking allowed.

A good exercise for improving fast feet.

7. Fundamentals

Players work in pairs. They sit facing each other, knees bent and feet off the ground.

In a balanced position, players using only their feet, attempt to push each other off balance. Hands cannot touch the ground.

Play 30-60 second intervals.

8. Pull Downs

Pairs facing each other in a push-up position. On the coach's signal, players try to pull each other down. Players may not slap at each other's arms. Strongly encourage players to grab their partners wrist from the inside and pull out. You want to be extremely careful that players do not strike the elbow from the outside, since the arm does not bend that way. You can play the best of three or five and then switch partners.

9. Human Springs

A cooperative activity.

Players stand facing each other with hands up and touching only each other's palms. Both players lean in and push off and 'spring' back. Do this a few times to get into a rhythm. Players then take a step backward getting a little further apart.

Now they do the same springing motion. Be sure to meet each other in the middle at the same time. Continue to get further apart. How far apart can you get before falling down?

Related Activities

- Ballnastics - Individual
- Body Part Dribble
- I Can do Something, Can You?