

Math Dribble



Implications for the Game

Technical

- Dribbling in confined area
- Changing directions
- Changing speed

Physical

- Reaction time
- Coordination
- Balance

Tactical

- Looking for players
- Moving quickly
- Quick reaction time

Social/Psychological

- Problem solving
- Forming groups with many different players not just a best friend
- Listening skills, paying attention to the stated problems

Activity Organization:

Within a confined area, players stand in random formation, each with a ball.

On the command, players dribble to keep control while avoiding touching others. While they dribble, the coach calls out a math problem. The players immediately solve the problem by forming the appropriately sized group.

This activity organizes groups without asking players to choose a partner or counting off. For example, if your next activity requires partners, call out 1+1.

Related Activities

- Cross Over
- Everybody's It
- Hospital Tag