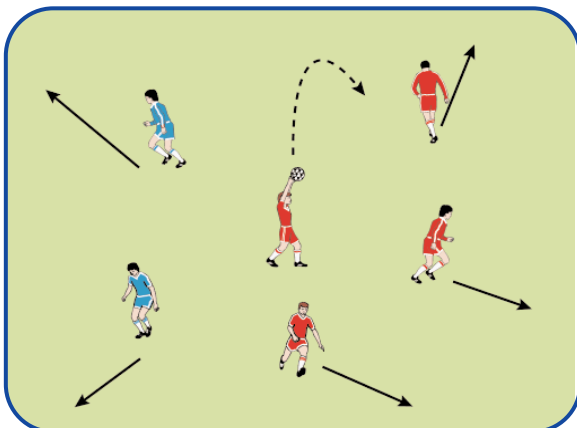


Ball in the Air - Scatter



players can make some sort of fun consequence for the thrower, but it must be safe.)

Implications for the Game

Technical

- Limited passing

Physical

- Sprinting
- Upper body movements
- Quickness

Tactical

- Deciding where to run

Social/Psychological

- High group interaction

Activity Organization:

One player stands in the middle of all of the other players with the ball in his/her hands. The ball is then thrown up into the area at which time all other players scatter.

When the ball is in the air, the thrower calls a name of one of the running players. That player must get to the ball as quickly as possible. If he/she catches it before it hits the ground, that player can throw it up in the air and call out another player's name.

However, if the ball hits the ground, the player chasing it must catch up to it and yell 'FREEZE' as loud as he/she can.

At this point, all of the scattering players must freeze in whatever their body position may be (i.e., standing, sitting, standing on one foot, or lying on the ground). The player who called the freeze then gets one shot (with feet) at any one of the scattered players he/she wishes to hit.

If a player is hit, then that player assumes the thrower position and play resumes. If no one is hit by the shot then the shooter must perform a reasonable consequence. (Hint -

Related Activities

- Tail Tag
- Find the Coach
- Gladiator Ball