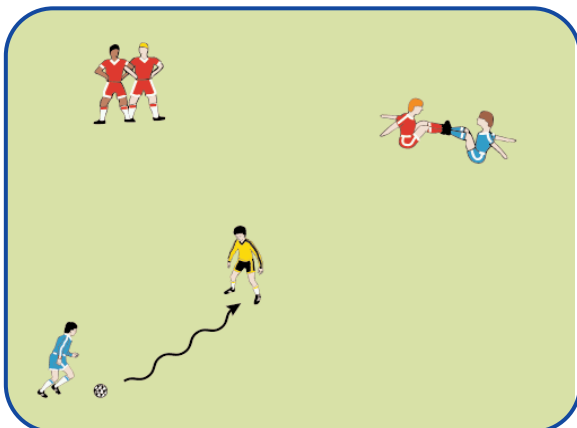


Human Obstacle Course



Activity Organization:

You should first do this without the ball, and then later with the ball for the players to dribble.

The coach asks one player to make a shape that they can hold for a period of time.

The next player then goes around, through, under or over the first player.

The third player goes through the first two.

This sequence continues until all the players are part of the obstacle course.

At this point allow the first players to go again so they can go through a complete course.

Once all players have gone through, add a ball and now each player must dribble through the course.

Implications for the Game

Technical

- Changing direction
- Close control
- Dribbling in a confined area

Physical

- Body awareness

Tactical

- Reading the environment
- Looking for and moving into open spaces

Social/Psychological

- Working within a group
- Poitive interaction with teammates

Related Activities

- I Can do Something, Can You?
- Ballnastics - Individual
- Toes