

FOAM COATED BALL DRILLS

1. **Individual and Partner Super Squish** Compress
2. **Partner Push Up and Plank** (Partner 1 Ball Under Chest and 1 Ball On Back-Don't Roll Off)
3. **Individual Teeter Totter** (Ball Rolls From Ankles To Chest And Back To Ankles)
4. **Individual Leg Toss and Catch** (Toss Ball With Feet And Catch)
5. **Individual Thigh Master** (Squish Ball Between Knees)
6. **Individual Punch Ball** (Punch Ball In The Air AMAP- Forearm Bumps, Elbow Bumps And Knee Bumps)
7. **Partner Toss and Catch** (Toss 1 Ball Using Different Passes- Chest, Bounce, Overhead....Throw 2 Balls At The Same Time)
8. **Partner Nuclear Fusion** (Toss Their Ball And The Other Person Bumps Ball Back With Their Ball And Then Tossing Their Ball Trying To Hit The Other Ball Back In Mid Air To Their Partner)
9. **Group Of 4 Bowling** (In Single File Line Take Turns Rolling The Ball Between Legs And Last Person Runs Ball Back To The Front Of Line...Variate With Middle Person Doing Jumping Jacks)
10. **Partner Potato Sack** (Race To Line With Ball Between Hips...Variate By Playing Tag Calling Out A Color-IT-When Tagged, They Do Jumping Jacks And Back In)
11. **Group Of 5 Star Drill** (Toss Ball Around So Everyone Touches It Once Before Anyone Can Touch It Twice...Variate Keep Adding Balls)
12. **Group Of 5 Keep Away** (Form Outside Circle Playing Keep Away From Group Of 5 Form Inside Circle...Cannot Hold Longer Than 2 Seconds)
13. **Group Of 5 Caterpillar** (Lye Down Toes To Head And Rolls Ball From Feet To Hands And Hands Off To Person's Feet Behind Them... Variate BY Last Person Standing And Forming A Basket For The Last Person To Drop Ball Into)
14. **Group Of 5 Hot Potato Circle** (Form A Circle Foot To Foot And Maintain An Athletic Stance And Keep The Ball Moving Within The Circle From Person To Person. Any Person That Lets The Ball Fall Out Of The Circle, Must Remove Themselves From The Circle And Do 10 Jumping Jacks And Back In)