

be fit for life
moving alberta

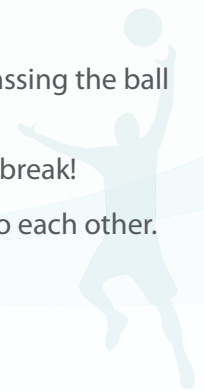
Circle Throw & Circle Kick

Equipment

- Open activity space
- 1 ball per group (4 to 8 people per group)

Activity Description

- Standing in a circle, before play begins, every participant identifies 1 other participant to whom he or she will pass the ball. Each participant will pass and receive the ball only once per cycle.
- When play begins, once a pass has been made, the person who passed the ball runs around the outside of the circle in a clockwise direction back to his or her original spot. The person who catches the pass must pass to the participant previously identified, then run around the outside of the circle.
- If the ball is dropped, then the person who would be passing the ball next picks it up and play continues from there.
- This continues cycle after cycle until the group needs a break!
- Activity can be done the same way by kicking the ball to each other.



Skills Explored

Throwing, kicking, running

Tips...

- Focus on where you are throwing or kicking to
- Maintain body control as you throw, kick, and run
- Make transitions quick by pushing off on the balls of your feet

Safety

- Have participants become comfortable throwing or kicking in the circle without any running first so that the pattern is comfortable
- Remind participants to do a quick shoulder check before running around the circle to avoid any collisions

Remember...

Using activities such as this for a warm-up or icebreaker is a great way to build group dynamics. By having participants learn each other's names as they pass the ball they will be more comfortable working as a group.

Variations...

- Alter the weight and size of the ball
- Have participants follow their pass by crossing inside the circle. This adds more hand-eye coordination and movement within the circle.

Adapted from *Great Gator Games*, CIRA Ontario at www.ciraontario.com/ehr/page/resources-gator

