



Ten Trips

Challenges

Teamwork

Being Ready

Speed of Passes

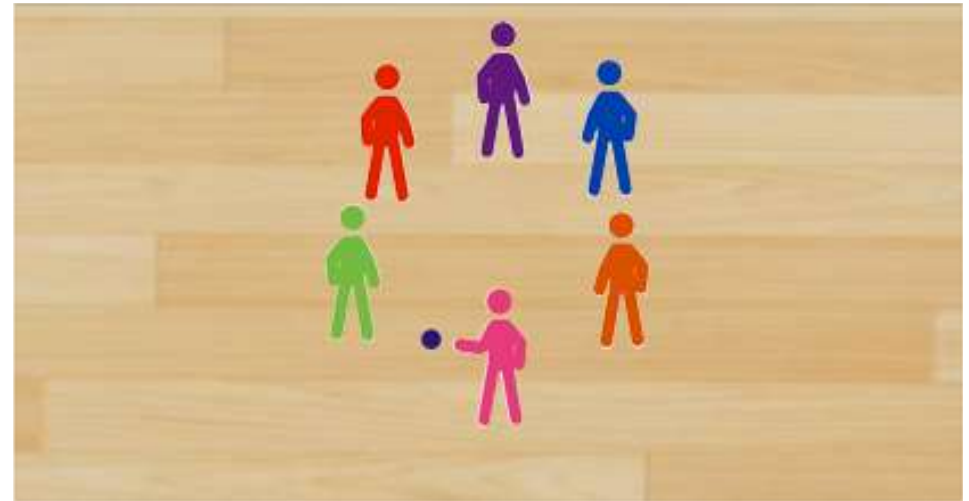


Rules of Play

- Form students into groups of 8-10 players. One player from each group is chosen to be the thrower.
- On a starting signal, the leader (thrower) throws a gator ball to each team member in turn (make sure there is at least 3 feet of space between players).
- When the ball is returned by the last player, the leader called out “one” indicating that the ball has made one complete round. The first group to finish 10 trips first wins.
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Variations and Progressions

- Introducing another ball into the pattern will increase the game’s complexity as the thrower will now have to work more quickly to catch and throw one ball before the next one arrives.



Game Info

Equipment

1 Gator ball per group of players

Safety

Only underhand passes are allowed, no overhand or hard passing is allowed.

Discussion

Why is it important for your team to work together?

What does “being ready to receive the ball” mean?

How do you pass the ball with both speed and accuracy?