

Poison Ball



This is a game to practice dribbling and controlling a soccer ball. Soccer is similar to other team sports where moving confidently with a ball is required. In many team sports a ball is moved while dodging and weaving through other players like in soccer and football. Games like these improve cardiorespiratory fitness, muscular strength and endurance.

Supplies:

- 1 soccer ball for each player
- 2 balls that are a different color or a solid color

How to Play:

1. Each student will start with his/her own soccer ball
2. Two players will start with a different or solid colored soccer ball; these are the two poisoned soccer balls
3. On "Go!" all players begin dribbling hi/her soccer ball around the playing are in control
4. The two poisoned players will attempt to make the poison balls touch the soccer balls that are not poisoned
5. When a player's ball is touched by a poison ball, the player must then stop, spread their feet, pick his/her ball up and hold over his/her head to show others that they are frozen

- 6.** A player is un-frozen when another player without a poison ball passes his/her ball through the frozen player's feet
- 7.** Play continues. Switch poison soccer balls ever couple of minutes
- 8.** You can also add to this game by:
 - Adding more poison balls
 - Use basketballs and basketball dribbling
 - When a player is frozen, have the player perform an exercise (ex. 10 jumping jacks, 5 sit-ups, or 5 push-ups) to get back in the game