

★ ACTIVITY / FILL IT UP

FOCUS:

WARM UP, FIELDING, RUNNING

EQUIPMENT:

CONES TO MARK DESIGNATED AREA,
BUCKET OF BALLS



DESCRIPTION:

- ▶ This game is the leader/coach versus the participants.

- ▶ Optional area size.

- ▶ Players surround the leader who stands in the center of a given area with a bucket full of balls.

- ▶ As quickly as possible, the leader rolls and throws the balls in all directions.

- ▶ The players retrieve the balls (only permitted to bring back one at a time).

- ▶ The aim for the participants is to keep the bucket full of balls while the leader tries to empty their bucket.

MAKE IT EASIER:



- ▶ Slow the game down

- ▶ Less balls

- ▶ Each participant can return 2 balls at once.

MAKE IT HARDER:



- ▶ More balls

- ▶ Increase the playing area.

