

# ★ ACTIVITY / GATOR LAKE

## FOCUS:

BALANCE, JUMPING, BALL HANDLING, CATCHING

## EQUIPMENT:

1 BALL PER PARTICIPANT, ROPES, CONES



## DESCRIPTION:

All children follow the coach or participant at the front of the line.

- ▶ Each participant has a ball and they balance along the ropes for a lap, trying not to fall into 'Gator Lake'.
- ▶ Participants balance along the ropes. When they get to a volcano (cone) they step, leap or jump it.
- ▶ Ball handling and catching is added in. After participants step, leap or jump over cones they complete ball handling and catching moves. This gets the participants to think and concentrate as well as incorporating fundamental movement skills.
- ▶ Ball handling ideas – around the waist, figure 8s or spinning their hands
- ▶ Catching ideas – bounce the ball into the ground and catch, yo-yo catches etc.

## MAKE IT EASIER:



- ▶ Use a bigger ball
- ▶ Use a tennis racket
- ▶ Slow activity down

## MAKE IT HARDER:



- ▶ Use a bigger ball.
- ▶ Set the cones back further.
- ▶ Increase the speed.

