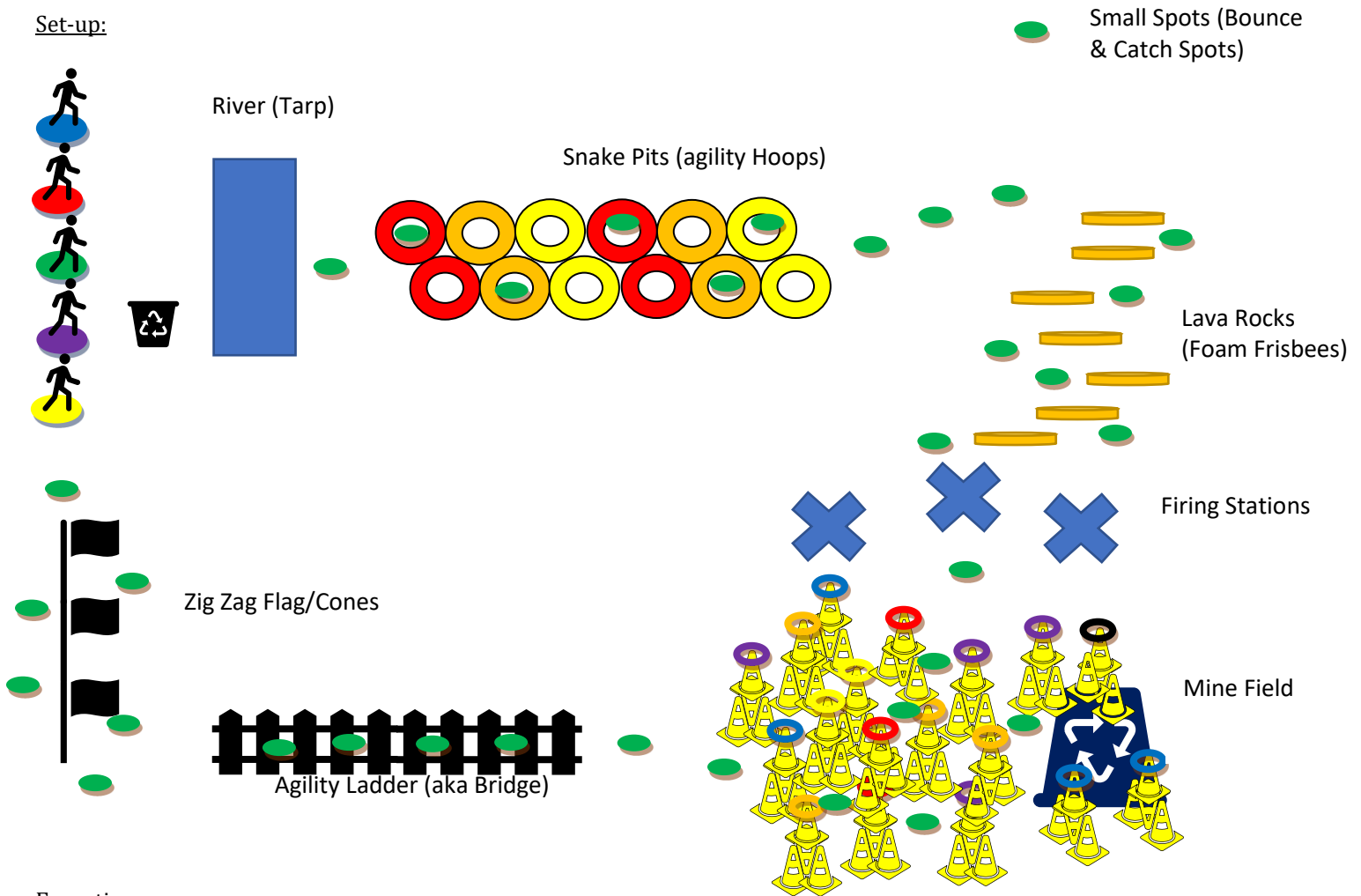


Dribbling Obstacle Course

Purpose: Dribbling

Equipment: Tarp, Agility Hoops, Standing Spots/Tape, Frisbees/Spots, Cones, Disks, Agility Ladder, Cones/Flags

Set-up:



Execution:

- Have all the players stand on their colored spot/tape line
- Review proper Bounce and Catch Form
- Coach calls first player's name who grabs a ball out of the bucket. They cross the obstacles doing a Bounce and Catch on all the small spots (Green in this example)
 - Over the Rover, through the Snake Pits, Cross the Lava Rocks, Dodge the Mine Field, Cross the old Bridge, Zap Zag through the Flags/Cones
- Continue to send kids around as time permits
- For older groups, have them try and dribble the ball through the obstacle course

Comments:

- The Firing Stations will not be used for this game. They are there because this game is usually paired with Han Solo Passing for which you will need them. They do not knock the cones over for the Dribbling Obstacle Course. Just dribble through and around them without trying to knock them over.