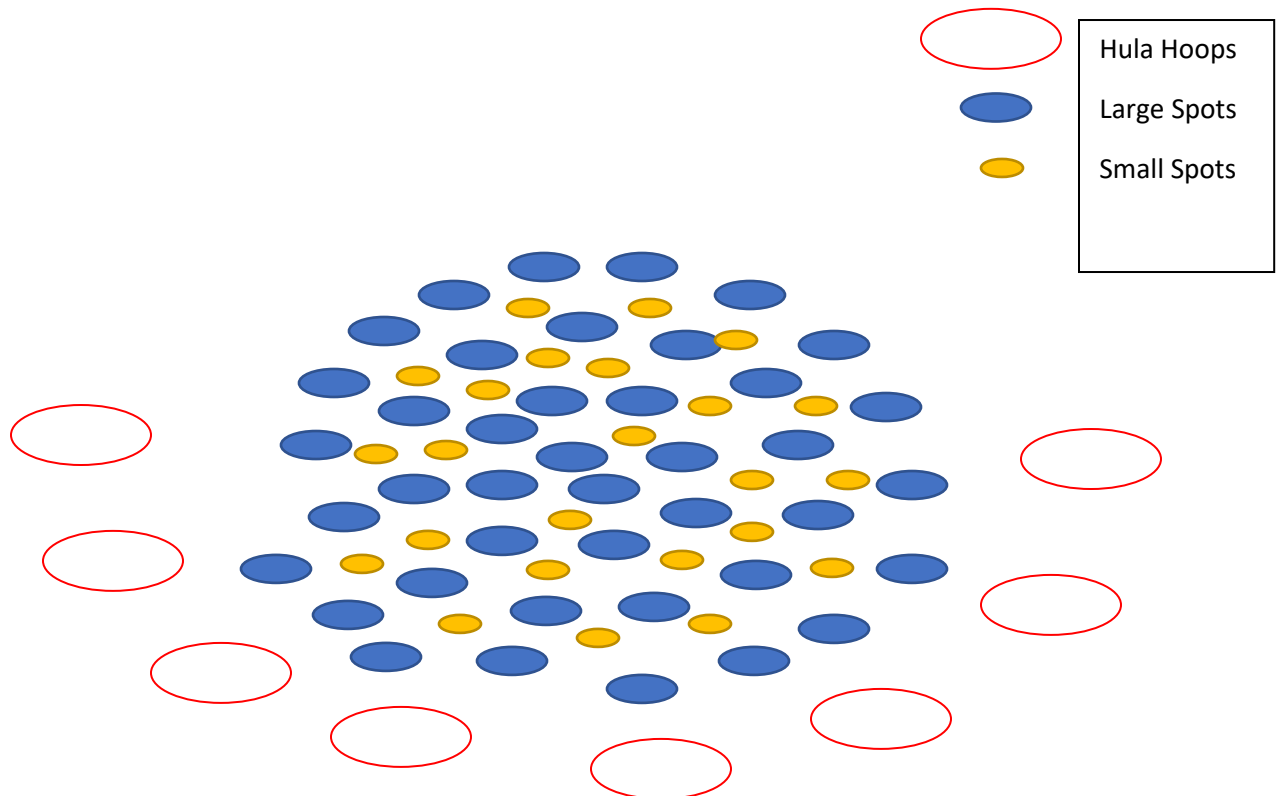


### Moana

Purpose: Dribbling

Equipment: Large Colored Spots, Small Colored Spots, Hula Hoops, Basketballs

Set Up: Put down a Hula Hoop for each player in a large circle around the court. In the middle of the Hula Hoop Circle, put down all of the Large Spots and Small Spots you have available. The Large Spots are the rocks. Make sure they are close enough to one another so the kids can walk on them without stepping in the Ocean. The Small Spots are the Fish. The Small spots should be scattered between the Large Spots



Execution:

1. All the kids start in their Hula Hoop
2. On coaches whistle, the players walk on the rocks and collect fish
3. They can only grab one fish at a time. Once they grab a fish, they walk back on the rocks (without stepping in the water) and put the fish down in their Hula Hoop. Tell them to try to collect one fish of each color.
4. Once a third of the fish have been collected, have the kids return to their hula hoops and give each kid a Basketball.
5. Review the Bounce and Catch.
6. On coaches whistle, kids try to catch fish again. These fish are harder to catch so the kids must first Bounce and Catch the ball on the fish before grabbing it. If they don't catch the ball, they don't catch the fish. They can still only grab 1 fish at a time, and must stay on the Rocks.
7. Once 2/3 of the fish have been collected, have the kids return to their Hula Hoops.
8. Review Dribbling
9. On coaches whistle, kids try to catch fish again. These fish are even harder to catch so the kids must



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first dribbling the ball 3-times on the fish before grabbing it. They can still only grab 1 fish at a time, and must stay on the Rocks.

10. Once all of the fish have been caught, have the kids return to their hoops and put their fish into piles, sorted by color. Coach comes by and collects the fish.