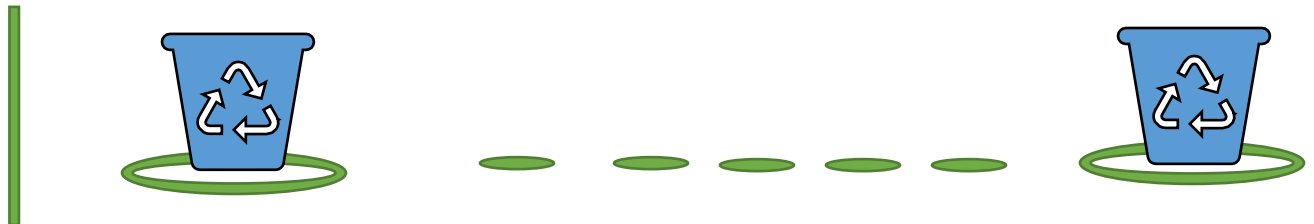


Woody's Cowboy Round-Up

Purpose: Dribbling

Equipment: 4 Hula Hoops, 2 XL= Ball Bucket, Colored Spots, 2 Agility Ladders, Basketballs,

Set-up: Create 2 sets of horizontal team lines (4 each) for players to start on. Next to each set of team lines, put an empty Hula Hoop with a XL Ball Bucket. On the far side of the court put a second hula hoop (same color) with an XL Ball Bucket Filled with Basketball. Do this for both teams. Between the Ball Buckets put down 5-7 small colored spots for each team. The spots should match the color of the Hula Hoops and Tape Lines/Spots.



Execution:

1. Demonstrate proper dribbling (or bounce and catch) form
2. Narrate storyline: The players are the cowboys/cowgirls. The balls are the cows and the buckets are the cattle. The Green Cowboys/Cowgirls are going to race the Yellow Cowboys/Cowgirls, to see what team can transfer all their cattle from one barn to the other.
3. Coach splits players into 2 teams and has each team stand on their team line.
4. On the coaches whistle, the first player on each team runs to the XL Ball Bucket, grabs 1 Ball out of the bucket, bounces and catches all the way down the spots, and passes the ball into the empty bucket.
5. The player then gives a high-five to the next player in line who repeats the same action
6. First team to transfer all the balls from one bucket to the other wins!
7. Add in more Bounce & Catch Spots and continue as time permits.