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**Foam Coated Ball Drills, Activities & Games**

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1. ADA Super Squish - Hold ball chest high and between both hands and compress the ball. You can variate this by working with a partner. Partners can both try to compress ball while maintaining balance. You can also try squishing two balls together with your partner.
2. Push Up and Plank - Put one ball on floor and touch chest down to ball while partner is light holding ball in middle of back. Try not to let the ball roll off your back while doing the push up or plank.
3. Teeter Totter - Place a ball in the middle of your legs by your ankles. Lying flat on your back slowly raise legs to make ball roll up to your chest then raise your chest to make ball roll back down your legs.
4. Leg Toss & Catch - While lying on the floor toss a ball with your feet in the air and try to catch the ball.
5. Thigh Master - Place ball in between your knees and begin squishing the ball with your knee.
6. Punch Ball - Punch the ball up in the air as many times without ball hitting the floor. You can variate by doing volleyball bumps, elbow bumps and knee bumps.
7. Toss and Catch - Pair up and toss ball back and forth using different types of passes (e.g. chest, bounce, overhand etc.). Next try to both throw at the same time and then variate with one throwing bounce pass and partner throwing chest pass.
8. Nuclear Fusion - Pair up and have one person tossing and the other person bumps ball back to their partner with the ball they are holding onto. Can variate by one person tossing and then the other partner tossing their ball trying to hit the other ball back to their partner.
9. Bowling - Line up single file in rows. Four to five people in row. One-person rolls ball between legs of another person and one person faces the group and retrieves the ball and runs the ball back to front of the line. See how many times you can roll ball between legs of middle person in an allotted amount of time. You can increase distance as students improve. Can variate with person in the middle doing jumping jacks.
10. Potato Sack - Pair up and place ball between the partners at the hip and race to line. Can variate by playing tag calling out a color making that color “it”. When a pair gets tagged they do jumping jacks or activity of your choice and then jump back in.
11. Star Drill - Get in groups of 5 or more and toss ball around so that every person touches the ball once before anyone in group touches it twice. You cannot hand ball to person next to you. Let the students figure it out on their own without telling them to make a star. Keep adding balls until too difficult for them to manage.
12. Keep Away - Get in groups of four more and form a circle. Another group of four gets inside circle. Group on the outside will have one ball and start passing around the circle. The team on the inside is playing defense. If ball touches the floor, then the two groups trade positions. Exception to ball touching floor is a bounce pass. The group on outside must stay inside their boundaries and no person can hold ball for longer than 2 seconds.
13. Caterpillar - Line up in equal rows toes to head. Person in front rolls back with ball in feet and hands off to person’s feet behind them. Go all the way to the end without ball hitting the floor. Can variate by last person standing up with arms forming a basket for last person in line to drop ball into.
14. Hot Potato Circle – Form a circle maintaining a good athletic stance or squat position, touching foot to foot. The goal is to keep 1 ball moving within the circle from person to person. If a person or persons let the ball fall out of the circle then everyone turns around backwards and plays the ball.