

# Dribbling in Different Positions

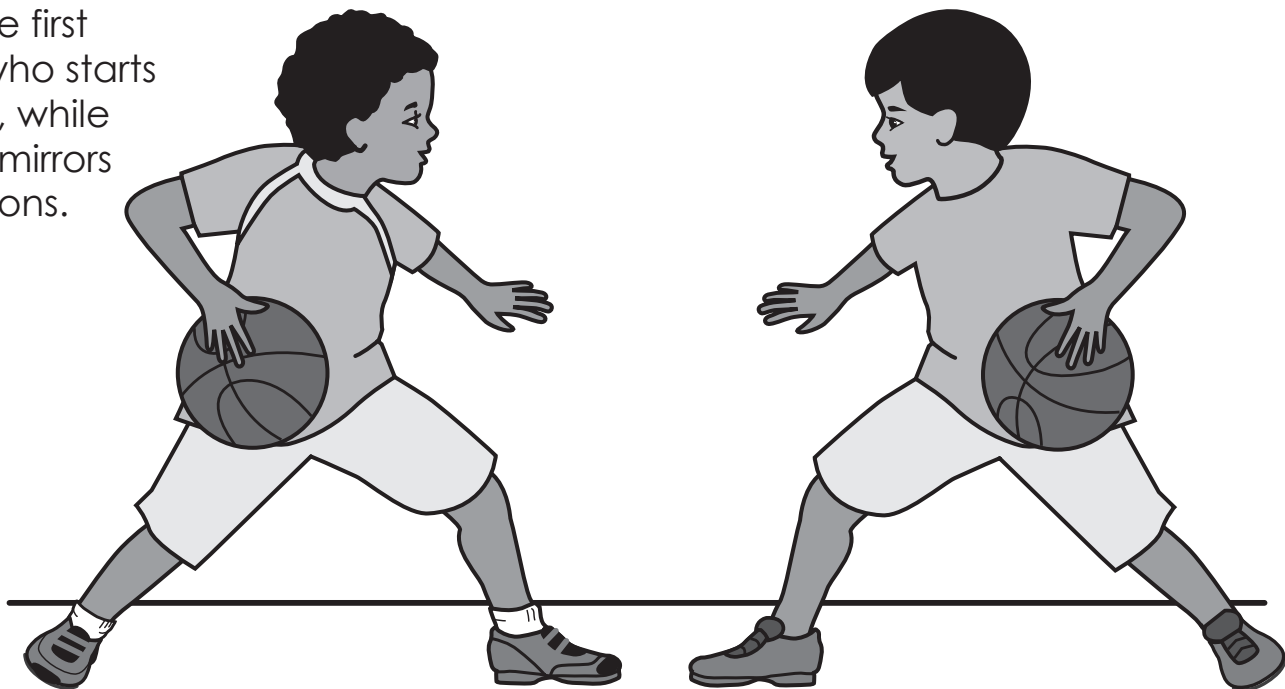
- ★ Dribble while in different positions (kneeling, squatting, standing on 1 foot).



DRIBBLING, VOLLEYING, AND STRIKING

# Partner Mirroring

- ★ One is the first Leader who starts dribbling, while Follower mirrors their actions.



DRIBBLING, VOLLEYING, AND STRIKING

# Pathway Dribbling

★ Dribble while traveling in a curved pathway.



DRIBBLING, VOLLEYING, AND STRIKING

# Dribbling Switcheroo

★ Dribble 10X with your R hand, then 10X with your L. Keep switching hands every 10X.



10X



10X



DRIBBLING, VOLLEYING, AND STRIKING

# Balloon Volley

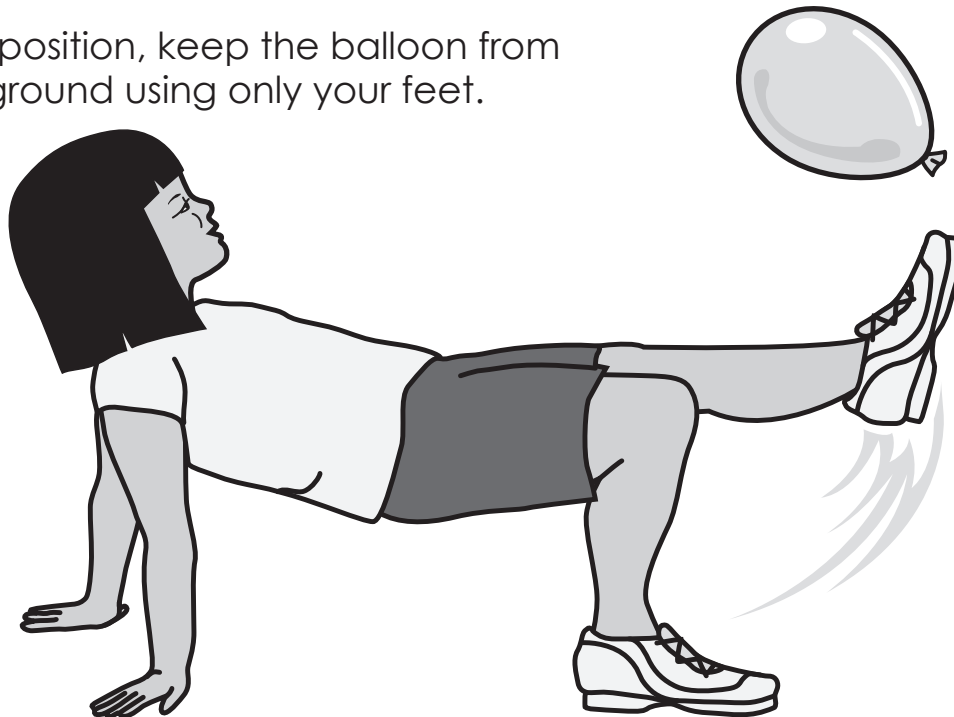
★ Hit your balloon up and don't let it touch the ground.



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# Foot Volley

★ In a crabwalk position, keep the balloon from touching the ground using only your feet.



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# Body Part Volley

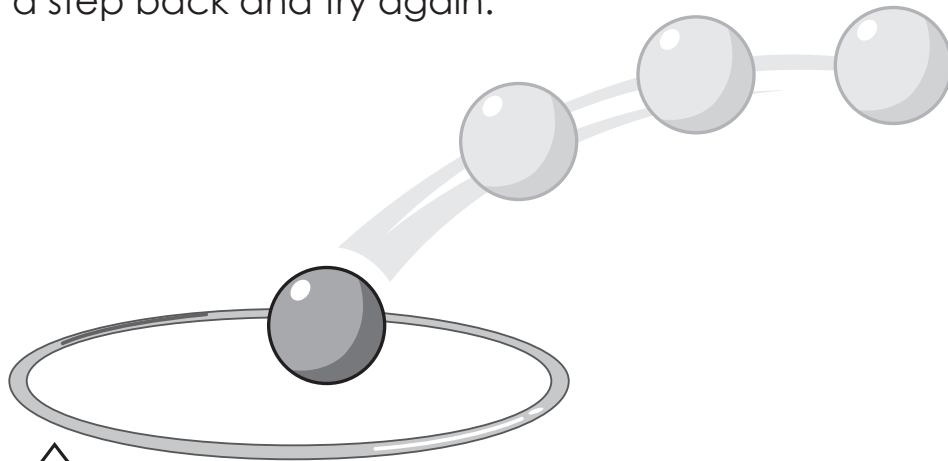
★ Keep your balloon from touching the floor by using any body part.



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# Strike to Hoop Target

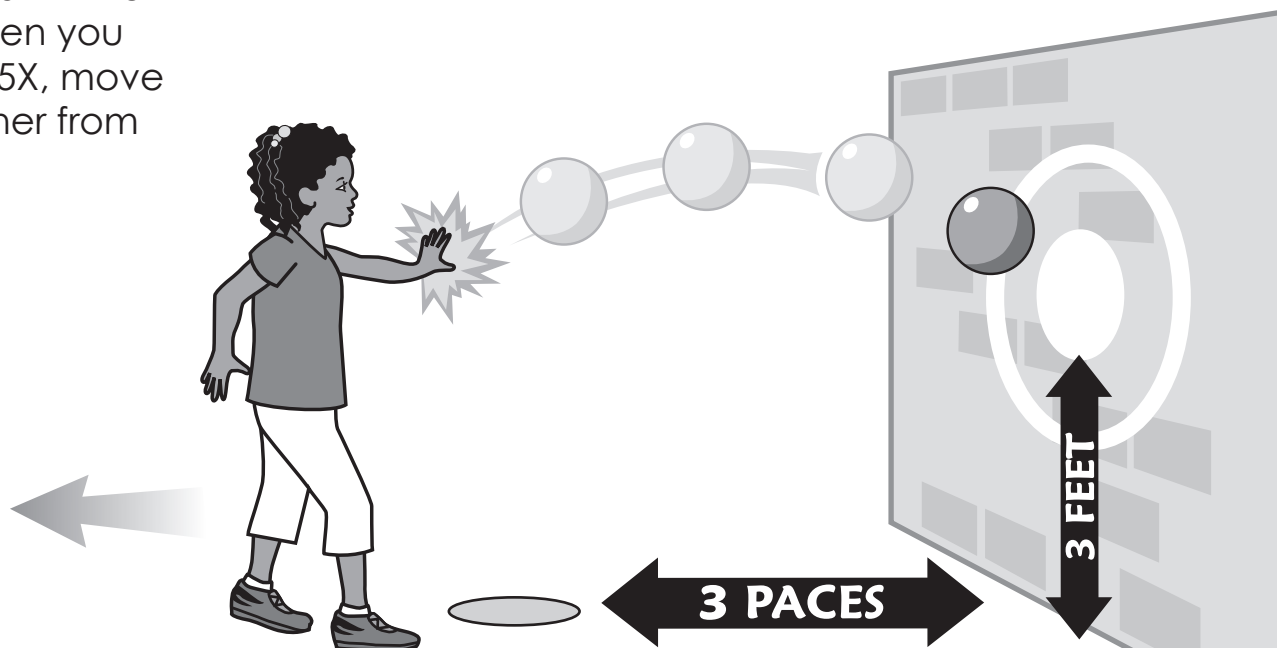
★ Strike your ball so that it travels forward and lands in a hoop. When you are successful, take a step back and try again.



DRIBBLING, VOLLEYING, AND STRIKING

# Strike to Wall Target

- ★ Aim for and hit the target. When you have hit it 5X, move 1 step farther from the wall.



DRIBBLING, VOLLEYING, AND STRIKING

# Rainbow Volley

- ★ Hit the balloon on one side of your body and then the other, so the balloon travels in the shape of a rainbow.
- ★ How many rainbows can you make?



DRIBBLING, VOLLEYING, AND STRIKING

# Body Part Volley 2

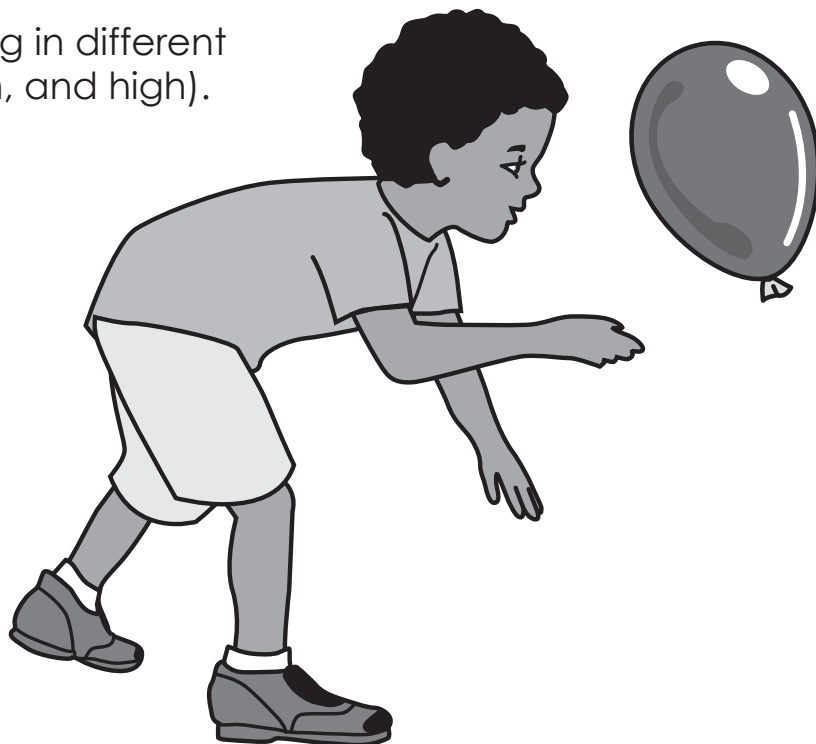
- ★ Volley the balloon using 2 different body parts in a row.
- ★ Now try 3.
- ★ Can you do 4?



DRIBBLING, VOLLEYING, AND STRIKING

# Volley and Travel

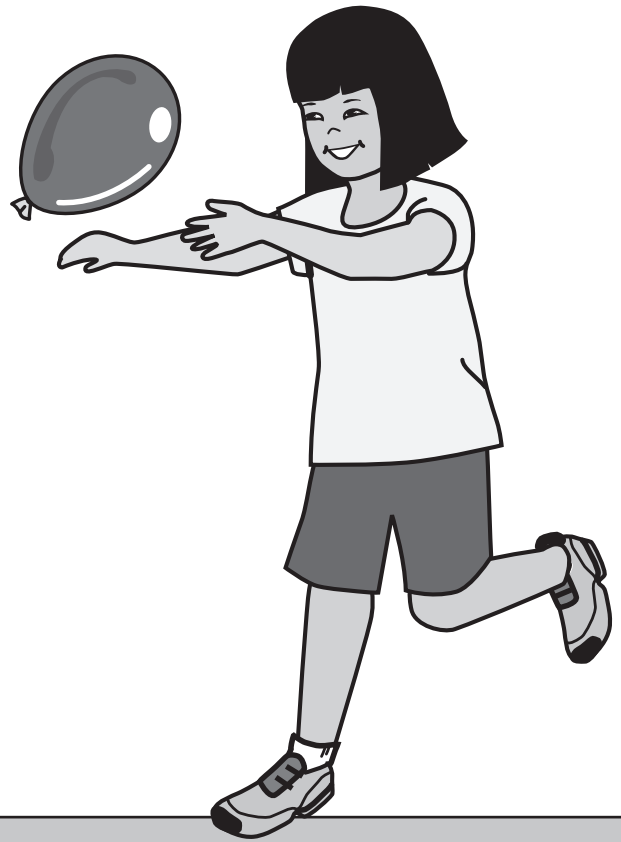
- ★ Volley while traveling in different levels (low, medium, and high).



DRIBBLING, VOLLEYING, AND STRIKING

# Balance Volley

- ★ Volley your balloon while balance-walking on a line.



DRIBBLING, VOLLEYING, AND STRIKING

# Turn and Volley

- ★ Volley while turning a full circle.
- ★ Now try the other direction.

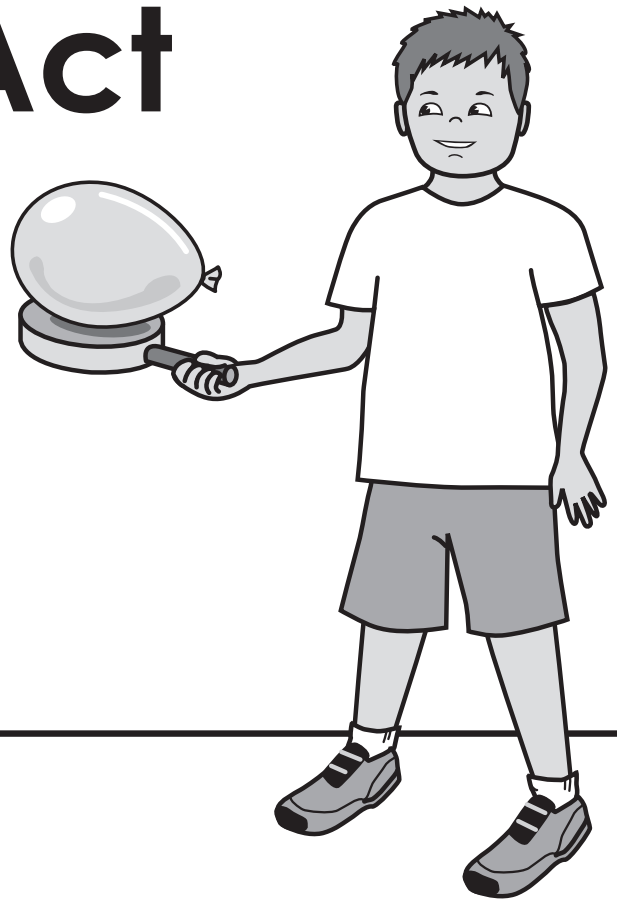


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# Balancing Act

★ 1 paddle and 1 balloon per student at this station

- ★ Balance your balloon on your paddle.
- ★ Can you balance it at a low level? High level?
- ★ What other ways can you balance the balloon?

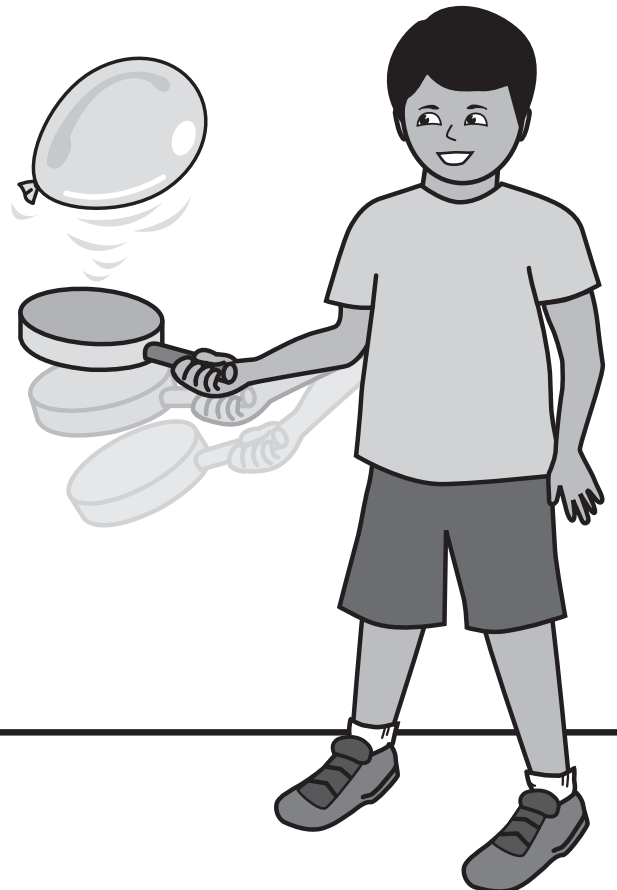


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**STRIKING WITH PADDLES**

# Paddle Keep It Up

★ 1 paddle and 1 balloon per student at this station

- ★ Hit the balloon up in the air with one side of your paddle.



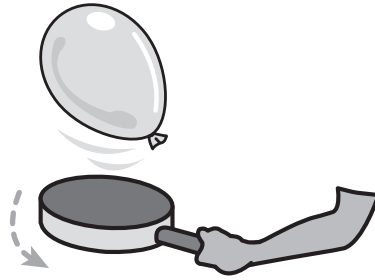
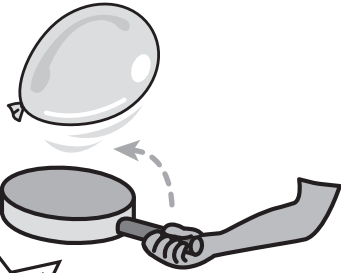
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**STRIKING WITH PADDLES**



# Both Sides Now

★ 1 paddle and 1 balloon per student at this station.

★ Hit the ball upward on one side of your paddle, then turn the paddle over and hit with the other.



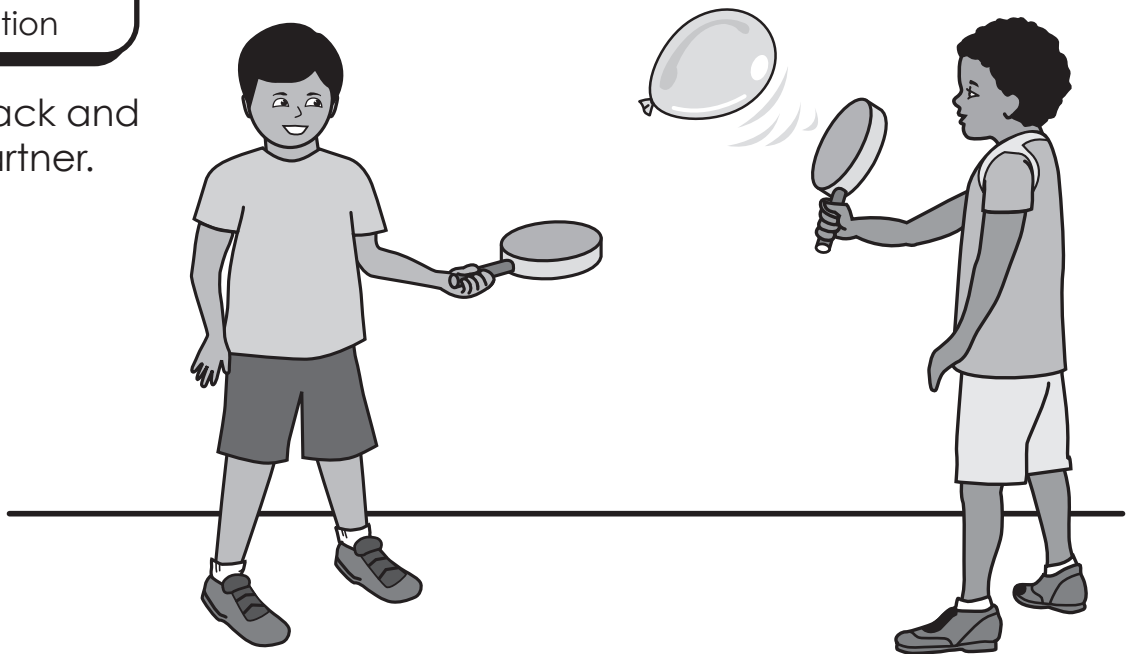
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STRIKING WITH PADDLES

# Partner Paddle Volley

★ 2 paddles and 1 balloon per pair at this station

★ Hit the balloon back and forth with your partner.

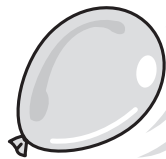


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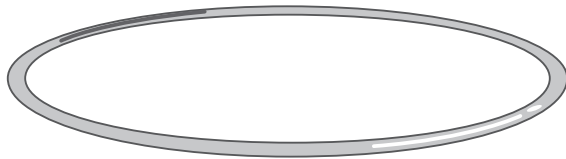
STRIKING WITH PADDLES

# Paddle Serve

- ★ 1 paddle and 1 balloon per student at this station
- ★ Spread hoops around station



- ★ Using the paddle, underhand serve your balloon into the hoops.



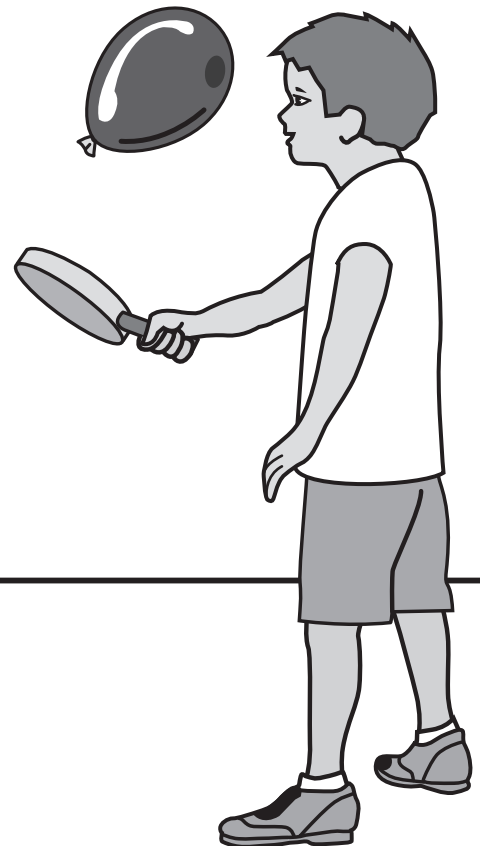
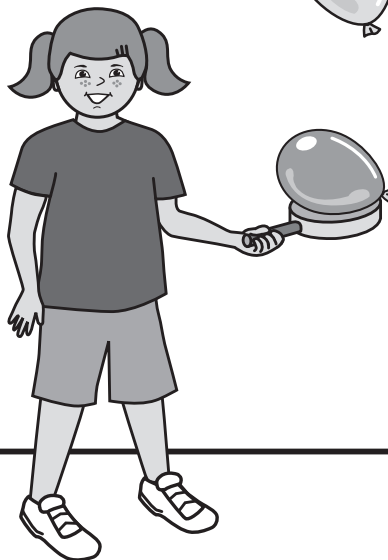
**DRIBBLING, VOLLEYING, AND STRIKING**

**STRIKING WITH PADDLES**

# Keep It Up

- ★ 1 paddle and 1-2 balloons per student at this station

- ★ Work together to try and keep all the balloons (2-3) from touching the floor.



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**STRIKING WITH PADDLES**

# Striking Spelling

★ 1 paddle and 1 balloon per student at this station

- ★ Everytime your paddle hits the ball, say one letter of your name.
- ★ Can you spell your whole name without missing?



**DRIBBLING, VOLLEYING, AND STRIKING**

**STRIKING WITH PADDLES**

