

Driblear en Diferentes Posiciones

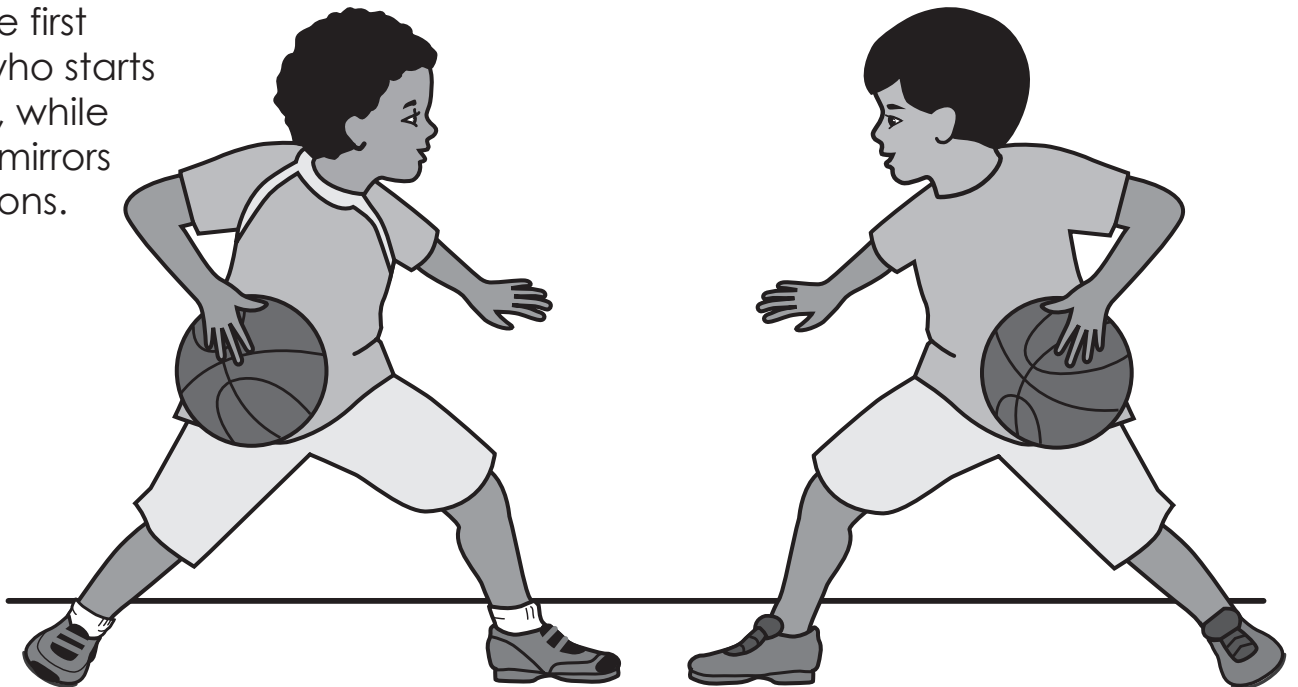
- ★ Dribble while in different positions (kneeling, squatting, standing on 1 foot).



DRIBBLING, VOLLEYING, AND STRIKING

Imitar al Compañero

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



DRIBBLING, VOLLEYING, AND STRIKING

Driblear Por el Circuito

* Dribble while traveling in a curved pathway.



DRIBBLING, VOLLEYING, AND STRIKING

Dribleo con Cambio de Manos

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



10X



10X



DRIBBLING, VOLLEYING, AND STRIKING

Volea con Globo

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



DRIBBLING, VOLLEYING, AND STRIKING

Volea de Pie

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



DRIBBLING, VOLLEYING, AND STRIKING

Volear con Una Parte del Cuerpo

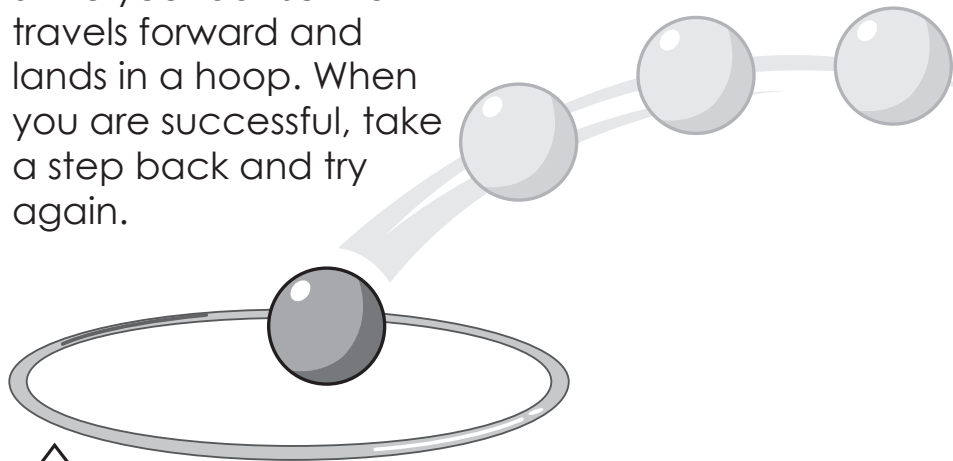
★ Keep your balloon from touching the floor by using any body part.



DRIBBLING, VOLLEYING, AND STRIKING

Golpear Para Que Aterrice en el Aro

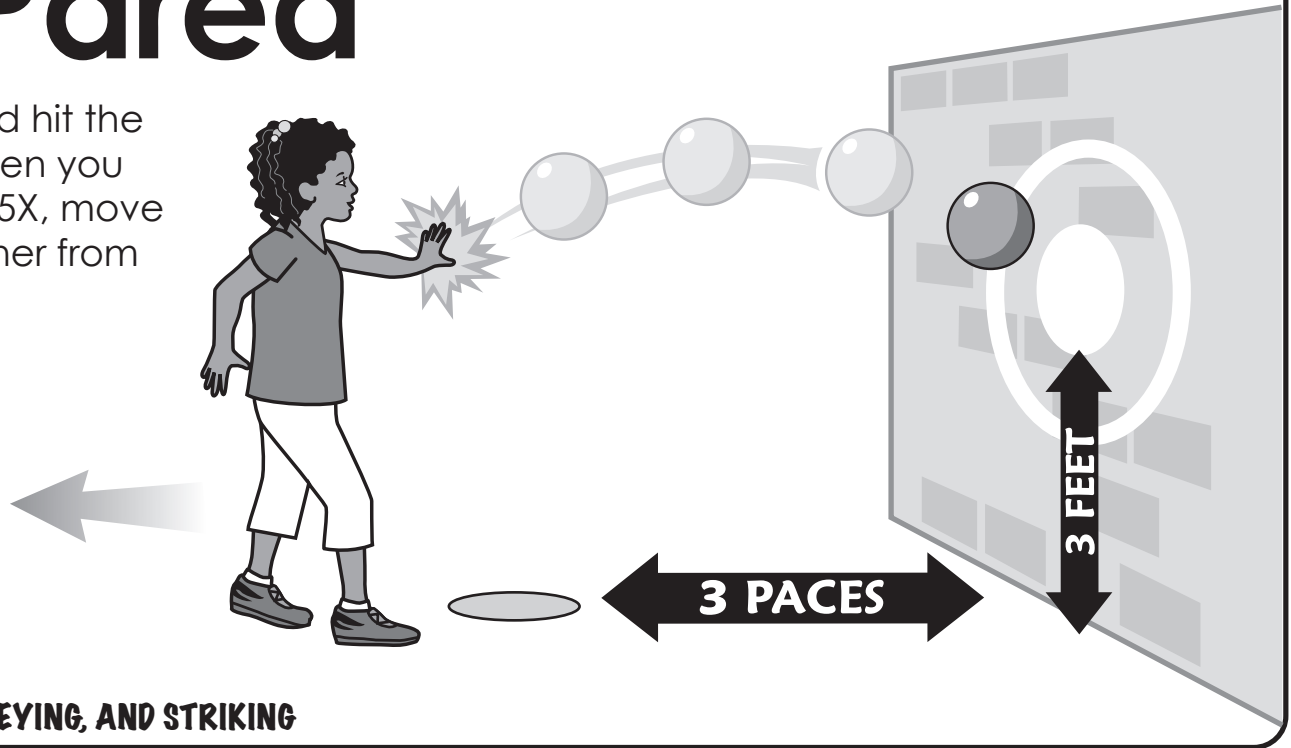
★ Strike your ball so that it travels forward and lands in a hoop. When you are successful, take a step back and try again.



DRIBBLING, VOLLEYING, AND STRIKING

Golpear Al Blanco en La Pared

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



Volear de Arco Iris

- ★ 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?



Volear con Una Parte del Cuerpo

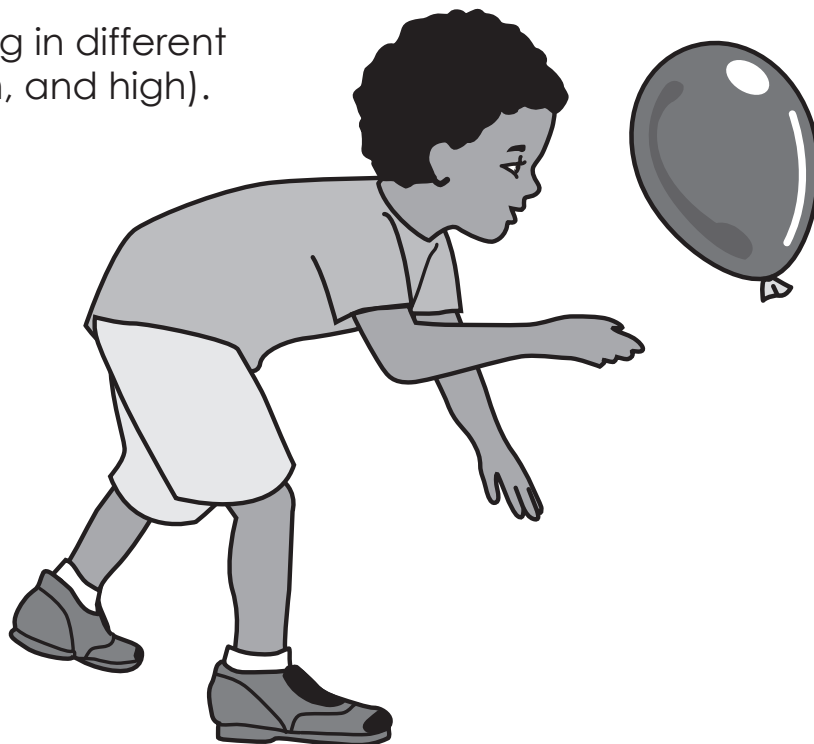
- ★ Volley the balloon using 2 different body parts in a row.
- ★ Now try 3.
- ★ Can you do 4?



DRIBBLING, VOLLEYING, AND STRIKING

Volear y Moverse

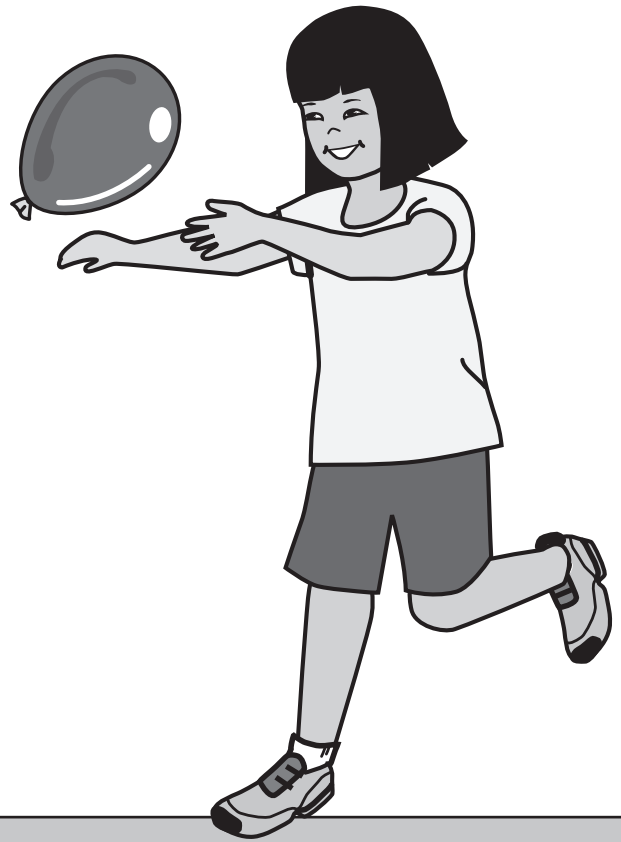
- ★ Volley while traveling in different levels (low, medium, and high).



DRIBBLING, VOLLEYING, AND STRIKING

Mantener el Equilibrio y Volear

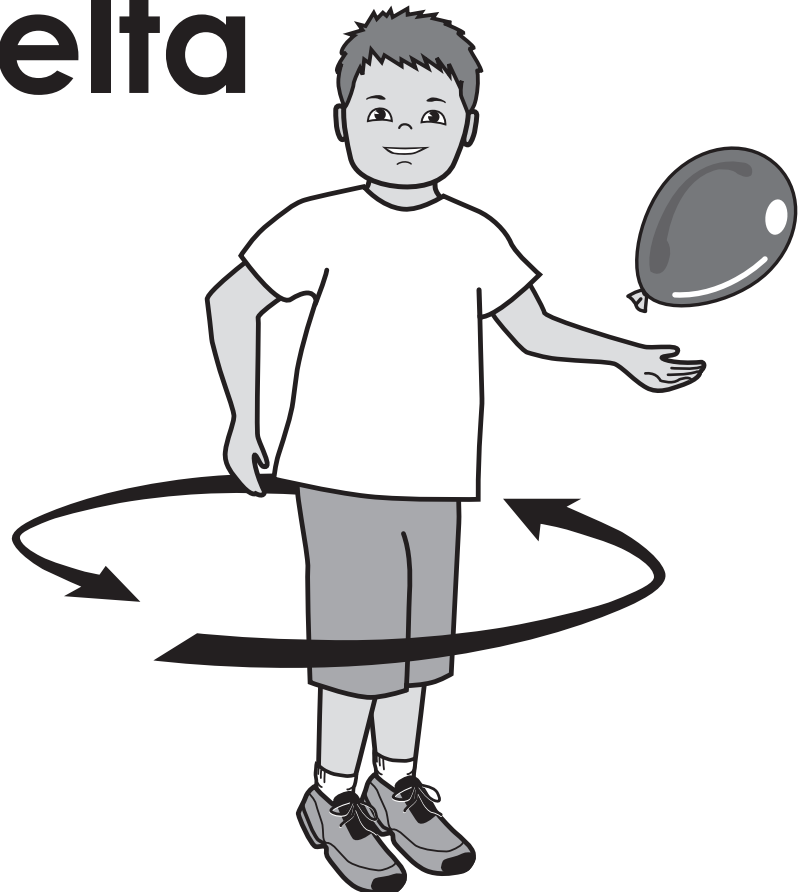
- ★ Volley your balloon while balance-walking on a line.



DRIBBLING, VOLLEYING, AND STRIKING

Dar la Vuelta y Volear

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

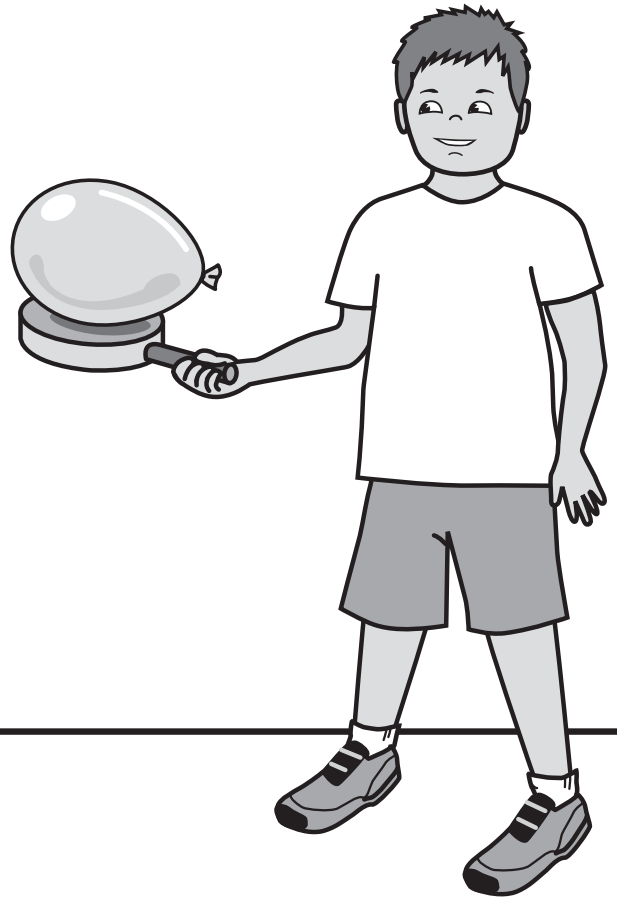


DRIBBLING, VOLLEYING, AND STRIKING

Sostener el Equilibrio

★ 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?



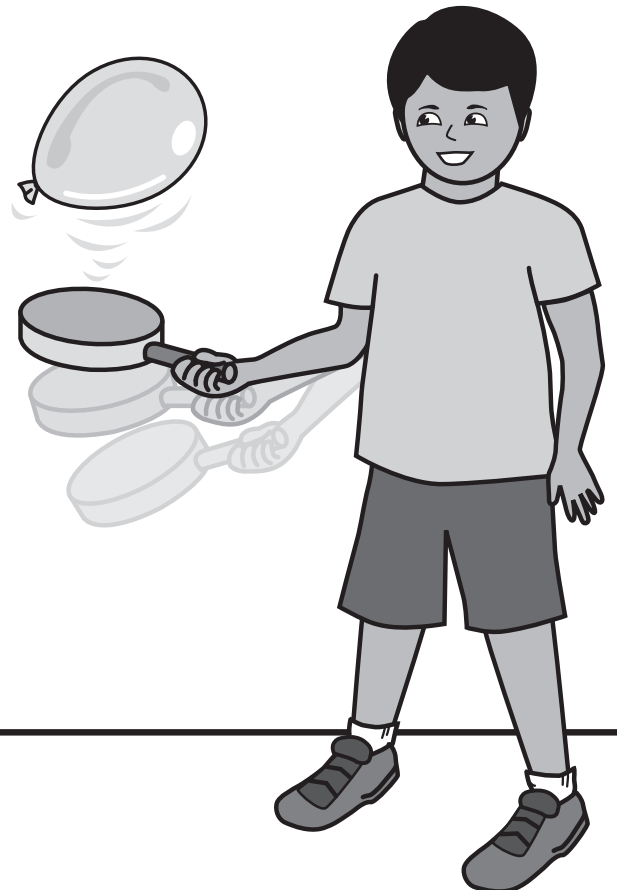
DRIBBLING, VOLLEYING, AND STRIKING

STRIKING WITH PADDLES

Mantenerlo Arriba con la Pala

★ 1 paddle and 1 balloon per student at this station

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



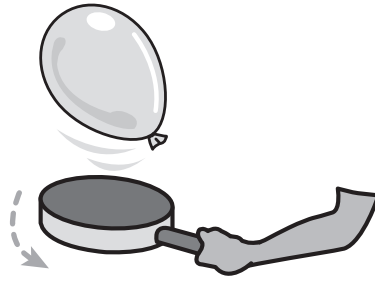
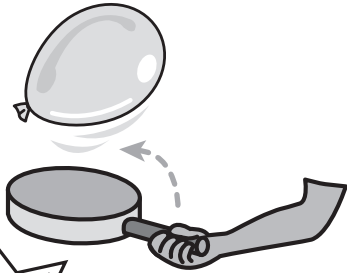
DRIBBLING, VOLLEYING, AND STRIKING

STRIKING WITH PADDLES

Ahora De los Dos Lados

★ 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.



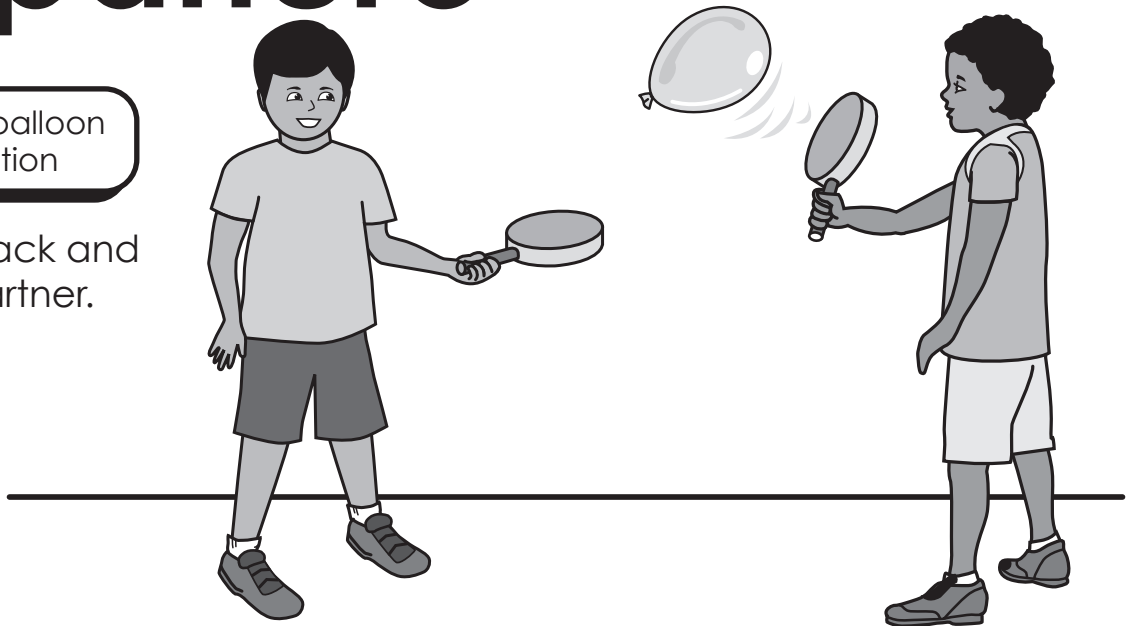
DRIBBLING, VOLLEYING, AND STRIKING

STRIKING WITH PADDLES

Volea de Pala Con Compañero

★ 2 paddles and 1 balloon per pair at this station

★ Hit the balloon back and forth with your partner.

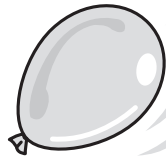


DRIBBLING, VOLLEYING, AND STRIKING

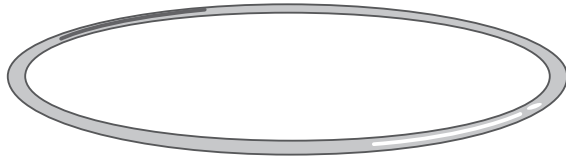
STRIKING WITH PADDLES

Saque con Pala

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



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

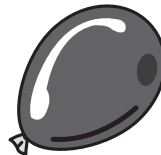


DRIBBLING, VOLLEYING, AND STRIKING
STRIKING WITH PADDLES

Mantenerla Arriba

- ★ 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.



DRIBBLING, VOLLEYING, AND STRIKING
STRIKING WITH PADDLES

Pegar y Deletrear

★ 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

