

Game → Eyes Up Dribble

Objective

The goal of this game is to follow instructions while continuing to dribble inside the hoop.

Set-Up

- Place as many hoops as there are participants in a circle around the activity space, about one meter apart.
- Each participant has one ball and is standing in front of a hoop, facing the inside of the circle.
- Participants start dribbling their ball with their hands inside their hoop.
- Participants follow your signals. Only give instructions with your hands so that participants have their eyes up and not on the ball.
 - Lift right hand up : Dribble with right hand
 - Lift left hand up : Dribble with left hand.
 - Point right : Dribble to the hoop on your right
 - Point left : Dribble to the hoop one your left
 - Turn around : Dribble inside the hoop while going around the hoop

Adaptations and Modifications

- Use larger or smaller hoops.
- Ask a participant to be the leader who gives instructions.
- Add verbal instructions.

Safety

- Remind participants to keep their heads up while moving to the next hoop.
- Make sure ball size and firmness is age appropriate.

Diagram: Eyes Up Dribble



Equipment Balls, hoops