

Under and Over



Equipment: One ball.

How to Play: Line your team up, ensuring they are standing one behind the other. The person at the front of the line will pass the ball over their head to the next person who will pass it between their legs and so on. When the ball reaches the back of the line the last person will need to run to the front of the line and start again. This will repeat until the starting person is back at the front of the line.

Challenge: Time yourself. Can you get quicker each time? Can you beat your team score?

Piggy in the Middle



Equipment: One ball.

How to Play: Depending on the number of players, spread out and throw the ball between each of the players. One person to stand in the middle to try and intercept the ball.

Challenge: Try a bounce pass.