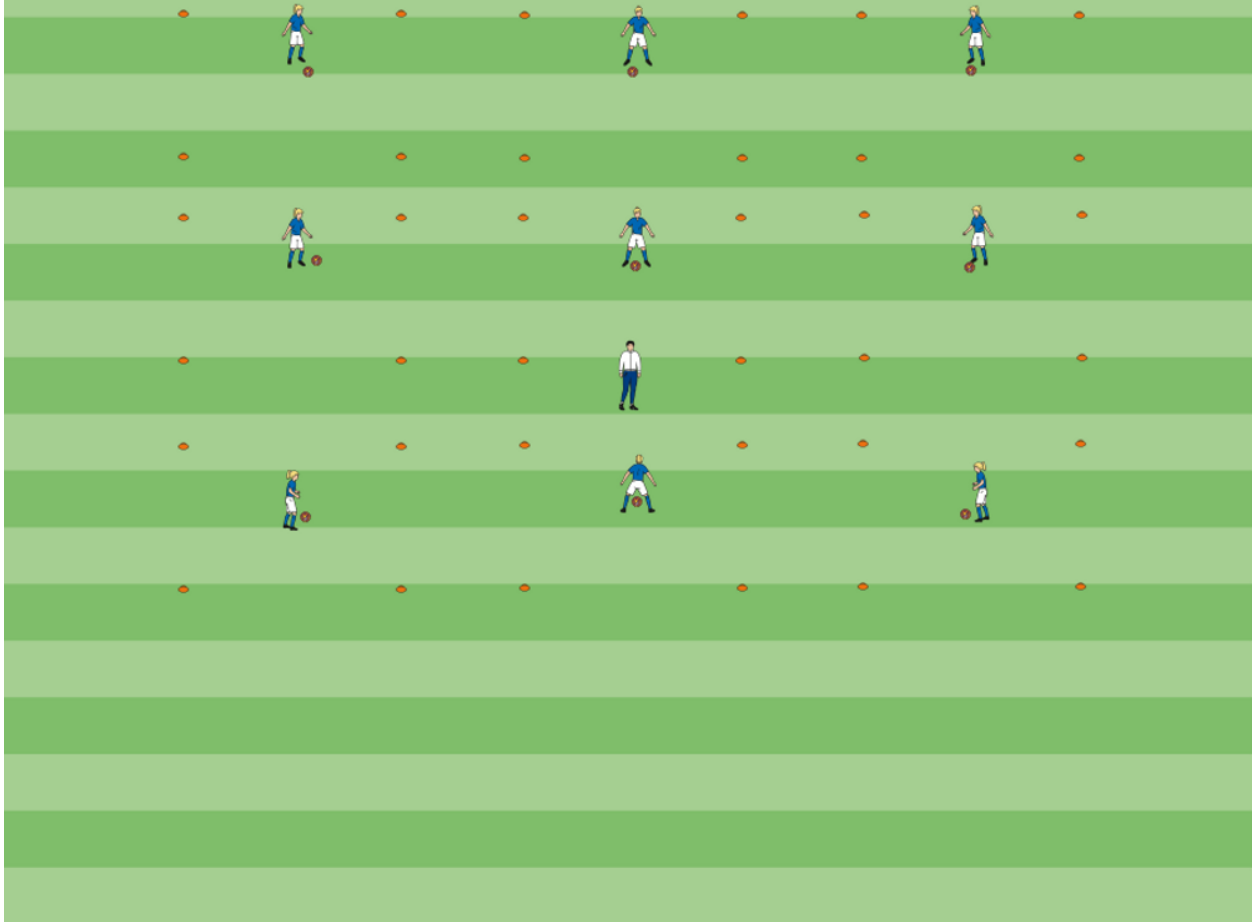


Simon Says



Organization:

Create individual grids for each player. Grid size will vary depending on the field space and number of players. Position each player inside the grid with a ball.

How to Play:

Play Simon Says as the players dribble within their grid. If a player does something they aren't supposed to say GOTCHA and keep playing. Use commands to help players with their ball skills, balance and coordination. (Ex. Turns, dribble with specific foot, inside inside, toe taps, sit on the ball, forehead on the ball, stand on one foot, hop, skip, clap between your legs)

Why:

Improve ball skills, balance, coordination and listening skills

Variations:

- No ball
- With a ball

Coaching Points:

- Keep it FUN- Be Silly
- Stay Positive
- Vary difficulty
- Focus on ball skills- keep the ball close and under control
- Incorporate body control and awareness
- Focus on player's listening skills