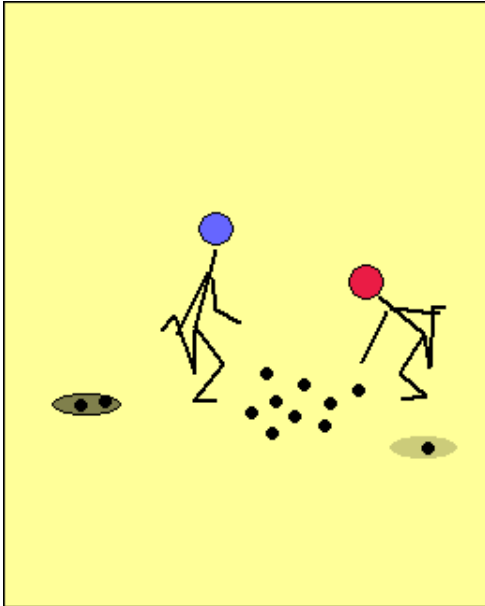




Mike MacKay
mmackay@basketball.ca



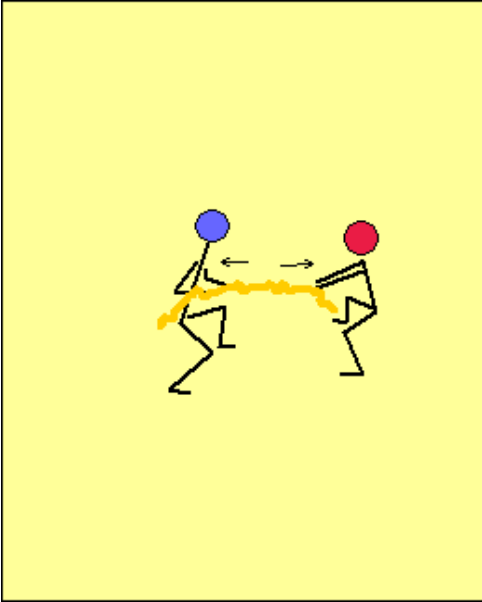
Games approach to improving balance



1) Feeding chickens

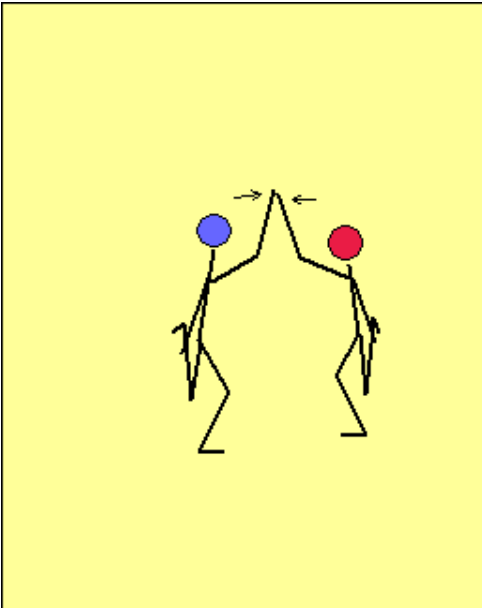
Each player has a home base, a spot on the floor, a hoop. A number of objects are placed in a defined area. The players bend one leg up and grasp it at the ankle. By hopping and bending over the players must collect the chicken feed and place it in their home. Go a second time and use the other foot. This could be done individually or in a team. Be careful not to make the distance too big with younger players

You could add penalties for touching the ground with the raised foot.



2) Tug of War

Balancing on one foot the two players attempt to get the other player to touch the other foot to the floor by pulling and pushing on the rope. You could also use a strong towel.



3) Push of War

Balancing on one foot the players place the palms on one hand together. By pushing they try to dislodge the balance of the other person. They must keep in contact with the hands.