

SQUIRRELS AND NUTS

GAME DETAILS:

Theme: Teaching Goal Orientation and Movement Patterns

Field Location: Any (recommendation: critical scoring area)

Field Position: All

Time Needed: 5-10 Minutes

Athlete Development Stage: Discovery, Foundations, Fundamentals

OBJECTIVE:

This game teaches basic movement anywhere on the field.

DESCRIPTION:

You will need hula hoops and 3-4 balls per athlete. The coach will scatter balls all over the field.

EXECUTION:

Players start at their “Nest” (a hula hoop) and on the coach's whistle run to a ball and pick it up while on the move. They then run back to their “Nest” and drop it in. Players continue picking up balls until the field is cleared. They should be trying to get as many balls as possible into their “Nest.” (Tip: Be strategic about where the hoops and balls are placed to adjust the difficulty level).

SKILLS PRACTICED:

- Movement and goal orientation

VARIATIONS:

Add a stick to layer in ground balls. Add a player or goal near the hula hoop to pass to or score.

DIAGRAM:

