

# Cooperative Games, Skills, & Exercises

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## Individual:

- Monkey Walk: Hold basketball between legs with one hand in front and one hand behind ball; let go of ball and walk or waddle forward; walk backwards for more challenge.
- Switch-A-Ball: Walk and pass ball back and forth in-between legs; walk backwards for more challenge or use larger ball that causes more leg separation and hip mobility.
- Hand Switch on Ball: Hold basketball between legs with one hand in front and one hand behind ball; let go of ball quickly while switching hands and grab ball again before it hits the ground; repeat.

## Partners:

- Tandem Cycling: Sit close to each other with bottoms of feet touching; use leg cycling motions.
- Partner Stand: Sit and face each other with wrist lock; stand together then sit; repeat.
- Towel Ball Toss: Toss tennis ball back and forth keeping ball in play as with volleyball.
- Spin & Catch: Have one partner with back to other; when partner facing away has name called they turn to catch ball; toss back; other person turns away; repeat.
- Double Ball Catch: Face each other with one ball in each hand; toss at same time and catch; repeat. (Have "call command" so balls don't keep dropping)
- Trust Hop: Face each other and grab leg of partner by ankle and hold at waist while wrist locking with partner; static balance, squat, or hop for 10 seconds.
- Backs-To-Ball Side Steps: Stand back to back with basketball between upper backs; side step to end point; drop ball to butts; side step back.
- Running the Hoop: Have one partner gently roll hoop; other partner tries to dive through moving hoop without touching or knocking over hoop; change partners; repeat.

## Small Groups:

- Team Stand-Up: Sit in circle on floor facing inwards with interlocked arms; stand together working as a team; sit together; repeat.
- Reverse Team Stand-Up: Sit on floor facing outwards with interlocked arms; stand together working as a team; sit together; repeat.
- Steal-A-Ball: Groups of 4+, put 4 tennis balls into heavy paper plates; each player tries to collect balls; when one plate is empty game is over.
- Circle Toss: Stand and face towards center; start tossing one ball as quickly as possible back and forth across circle; add second then third balls as group progresses.

### **Large Groups:**

- Animal Actions: Call out animal; group imitates until next animal called.
- Color Ball Grab: Put two colors of balls in big bucket; throw out and have each team gather and return to their bucket.
- Fast & Slow: When leader's hand is down, group marches slow; as hand raises pace quickens until max speed; max speed is only held 3-5 seconds.
- Sky Jumps: Squat and jump or simply heel lift; repeat.

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