

I Can Do This, Can You?

- Move all the players into an area you have marked off with cones without their balls
 - Then stand on one leg and spread out your arms like a bird and then ask them if they can do it without falling over
 - Make sure they are spread out so they cannot touch hands
 - Have them show you
 - Then hop over to the other leg without falling over and ask them to do the same and keep their balance on that leg
 - Now Jump around on one leg, and have them show you they can do it without bumping into other players
 - Now hop over to the other leg and repeat

