

Special Pops Tennis ® - Team Activities

Each team has a basket of 10 balls at the starting line. Form as many teams as you would like. Line up athletes in each team with a hula hoop or court marker dot (visual marker) in between the athletes. Place an empty basket at the end of the line. When the coach says "GO" the first player in line, bends down to pick up a ball, turns to teammate, bounces ball to teammate, teammate either catches the ball or gets the ball and continues to next player. First team with all balls in basket at the end of the line wins.

Items Needed



hula hoops

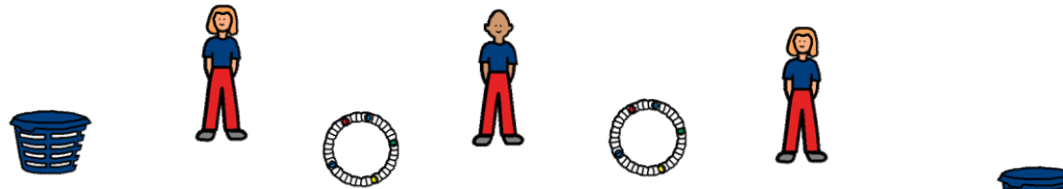


tennis ball

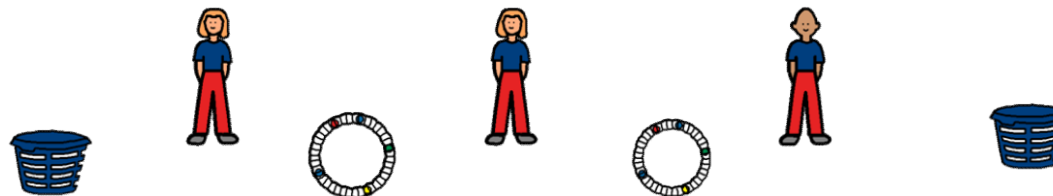


baskets

Team 1



Team 2



MOBILITY- CONTROL- AIM- COORDINATION- REACTION SPEED- COOPERATION-WAITING-SOCIAL SKILLS