



56) Ring Around the Rosie:

This is a great drill for teaching skills above the head.

Level: Ages 7-10

Players each start with a balloon and lined up around the outer circle of cones.

When the pro says GO, the players start moving around the outer circle while bopping their balloon up on the air.

If the pro yells SWITCH, the players change direction.

When the pro yells POP, the players POP the balloon **high** up in the air and run to either of the inner cones (blue in the diagram) once they touch one of the blue cones, they run back and try to catch their balloon before it touches the ground.

We like this drill because it works on skills above the head.