

## Keep the ball up

Time: 20 minutes

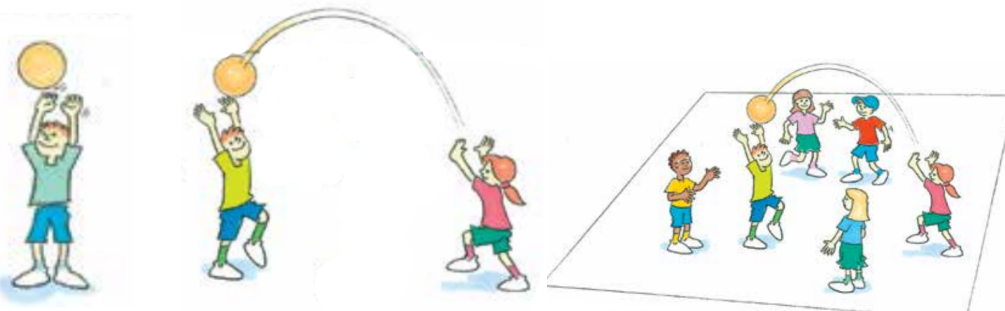
### Activity

#### Individual/partner/group

- Players try to keep a ball off the ground by passing it to each other.
- Start with a free-play version – rules can be decided later.
- Encourage a variety of passes – ‘hot potato’, where the ball is immediately hit away is a useful variation.

### Safety

- Ensure adequate space for the number of players. Choose a flat, obstacle-free playing surface.
- Encourage players to call ‘mine’.



### Equipment

- Various objects for ball, such as:
  - balloon or beachball (easier)
  - volleyball or soccer ball
  - soft toy
  - tennis ball, pair of socks rolled up (harder).



### Activity variations

- Play 2 v 2 – decide whether you want the no-go space between pairs to be out of bounds.
- Vary the type and size of ball.
- Allowable number of consecutive hits per person.
- A smaller playing area assists players with coordination or mobility restrictions.

