



Body Awareness Games and Activities

Body awareness activities are those in which players experience moving with and without the ball. The goals are to create a better understanding of the many different ways the body moves (bending, stretching, rolling, twisting), and knowledge of body parts (knee, elbow) and directions (left foot, right foot). We believe coaches have a responsibility to develop players' entire bodies: feet, legs, trunk, hands, arms, and the brain. This in turn develops more physically and mentally competent individuals.

Individual Body Awareness

13. I Can Do Something Without the Ball, Can You?



Purpose: To get players more familiar with their bodies without the ball and with contributing to the practice session with creative suggestions.

Number of Players: All
Equipment: None
Time: 5 to 10 minutes
Ages: 5 to 8

Challenge your players by saying, "I can do something without the ball, can you?" and starting to skip. Players should copy you, skipping in a random fashion within the defined area. Then repeat the challenge and demonstrate another movement (hopping, running and clapping, walking backward, etc.). After the players get the hang of it, then ask them, "Who can show us something you can do without the ball?" (Be ready for anything!)

14. I Can Do Something with the Ball, Can You?

Purpose: To get players more familiar with their bodies and the ball and with contributing to the practice session with creative suggestions.

Number of Players: All
Equipment: 1 ball per player
Time: 5 to 10 minutes
Ages: 5 to 8

Your challenges can be similar to the previous activity except this time conduct them with a ball. Again, after the players get the hang of it, ask them, "Who can show us something you can do with the ball?" (Again, be ready for anything!)

