

"Steparounds"

Teaches: • Fast feet & part of the "Scissors" feint

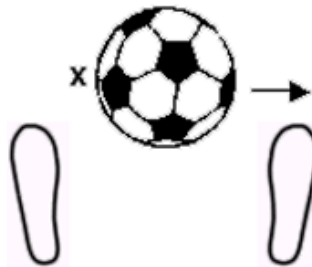
Set-up: • Each player has a ball & starts with the ball between his feet, with knees bent

The Game: On "Go" each player moves one foot around the back of the ball (toward the other foot) & then around the front of the ball & ends with the foot back where it started. Then do the other foot. Then the first foot, etc. (e.g., left, right, left, right). **First to 20 wins.**

"Circle & Outside-Foot Push"

Teaches: • Footwork & use of outside-of-foot to control the ball

Set-up: • Each player stands behind a ball with feet apart like below:



The Game: • Move the right foot forward & then around the front of the ball so the outside of the right foot is touching the ball where the x is. Then push the ball softly to the right (so it goes only 2 or 3 feet), turn to the right so the ball is again at your feet & do it again.
• Do 10 "circle & pushes" using the right foot & then 10 using the left foot. The first player to do 10 wins.