



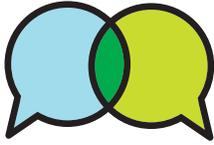
SAMPLE



123 Ball Skills Instructor Guide

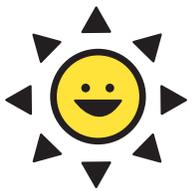
By Patricia Theriault

Flexible Lesson Plan Checklist



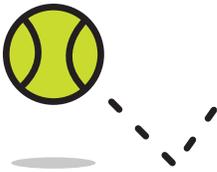
[✓] Player Introductions, page 5

Welcome the players. Games to introduce each other and learn about each other. A good time to take attendance, make announcements and explain what skills will be worked on.



[✓] Warmup Drills, page 8

Dynamic warmup drills to warm up all muscle groups. Players focus, get moving and ready to learn. A standard warmup is suggested and provided.



[✓] Ball Skills Progressions, page 11

Teaching players and developing specific ball skills. The progressions are the ball skills curriculum along with skills that reinforce math.



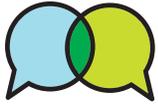
[✓] Games, page 50

Players play games and relays as they work on the FUNdamentals of ball skills along with math.



[✓] Cheer, page 76

Time to review or recap what was worked on. Thank the players for coming and make announcements. After the cheer, players leave with a **smile!**



[3] **HOT NUMBER 123**
One Ball

1. **Instructor** has players form a circle/ circles. **Instructor** asks one player to select a ball.
2. Player 1 starts to pass the ball around the circle.
3. When **Instructor** says "Hot Number" the player who has the ball must say the number on the ball and add ten to that number.
4. The player who has the ball starts the passing and play continues. The next player that has the ball when "Hot Number" is called adds ten to the last number called.
5. Play continues with adding tens.

Adaptation/Variation: Player 1 and the **Instructor** keep passing balls so when "Hot Number" is called more than one player will have a ball. Use different increments.

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[1] WARMUP 123
One Ball Per Pair

1. **Instructor** pairs up players.
2. Player whose first name has more letters selects a ball.
3. They are Player 1.
4. Players 1 are on one side of a designated line/area and Players 2 are on opposite side of designated line/area.
5. Players are spread out and facing each other.
6. **Instructor** calls out a movement, such as run, and all players run to the designated area/line (middle), slap five with their partner, then return.
7. **Instructor** calls out another movement, like arm circles and players use arm circles, to go to the designated line/area. (middle) **This time Player 1 (player with the ball) says the number on the ball as they reach each other, hands the ball to their partner and they return.**
8. **Instructor** calls out next movement and players do that movement to the designated line/area. (middle) **This time Player 2 (player with the ball) says the next number in sequence, hands the ball to their partner and they return.**

Adaptation/Variation: Players can start closer or farther back. Movements can be easier or harder. Use multiplication or counting by different increments.

Movements: High knees, skip, gorilla walk, jog with arm circles, side shuffle, lunges, etc.

[2] SHUFFLE 123
Two Balls

1. **Instructor** has all players lined up along a line next to each other, about three feet apart.
2. **Instructor** faces the players holding one ball in each hand.
3. When the **Instructor** extends left arm out to the side the players shuffle to that side.
4. When the **Instructor** extends right arm out to the side the players shuffle to that side.
5. When the **Instructor** extends arms forward or backward, the players shuffle forward or backward.
6. As the **Instructor** is extending arms and players are shuffling, players are singing the ten little ball players song.

(One little, two little, three little ball players, four little, five little, six little ball players, seven little, eight little, nine little ball players, ten little ball players now).

Adaptation/Variation: Cross over step, frog leaps, jumps. Speed or direction change is quick and based on players' ability.



[3] Underhand Toss – Bounce & Catch – Bounce Back 2

UNDERHAND TOSS — BOUNCE —
RIGHT SIDE — CATCH — UNDERHAND
TOSS — BOUNCE — RIGHT SIDE —
CATCH BACK 123

One Ball per Pair

UNDERHAND THROW:

- Determine dominant hand (pencil hand)
- Face target
- Step towards target using opposite foot
- Use pendulum arm motion with the throwing arm (like bowling)
- Follow through to the sky or ceiling with the throwing hand

CATCH:

- Track ball with eyes
- Reach arms towards ball
- Pinkies together if ball is below waist
- Thumbs together if ball is above waist
- Move feet to get into position

(If players have trouble stepping with their opposite foot, have the player raise their dominant [pencil] hand and tap their leg with their other hand so they know what foot to step with.)

1. All players are lined up along a back line. **Instructor** pairs up the players. Player 1 selects a ball. Players 1 & 2 are facing each other six feet apart.
2. Player 1 underhand tosses the ball with their dominant hand with a head height arc aiming for the ball to bounce to the right foot of Player 2. Player 2 moves and catches the bounced ball. Player 2 underhand tosses the ball with their dominant hand with a head height arc to bounce back to the right foot of Player 1. Player 1 moves and catches the bounced ball.

3. **After the players have tried a few times — Instructor tells the players:** As Player 1 starts the underhand toss, Player 1 adds one hundred to the number on the ball. When Player 2 starts their underhand toss, Player 2 adds one hundred and the players continue counting by one hundreds in sequence. After a set number of times, **Instructor** asks the players to switch roles.

Adaptation/Variation: Players can move closer or farther apart depending on players' ability.



123 Ball Games Instructor Guide
SECTION FOUR: 123 Ball Skills Games

[13] ELEVATOR 123
One Ball per Player

1. All players select a ball.
2. Players hold their ball in their dominant hand.
3. **Instructor** calls out levels:
1 = Above — Players raise their balls overhead.
2 = Below — Players lower their balls below knees.
3 = Center — Players lower their balls at waist level.
4. Players are moving around as **Instructor** calls out the levels.

Adaptation/Variation: Players hold the ball in their non-dominant hand.

[14] FOUR SQUARE 123
Balls, Individual or Team Game

1. **Instructor** labels 4 boxes 1,2,3,4.
2. Four players.
3. Each player stands in a box.
4. Player in box 4 has a ball. Player in box 4 starts by bouncing the ball into any other box. (Underhand toss the ball to bounce into another box.)
5. Player whose box the ball goes into must return the ball to another box before it bounces twice.
6. If player misses, that player is out and another waiting player comes in.
7. Players rotate.
8. New player comes into box 1.

Adaptation/Variation: Play as doubles, change number of bounces. Players have to say the number on the ball as they underhand toss the ball to bounce into a box. Roll or toss overhand.

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123 Ball Games Instructor Guide
SECTION FOUR: 123 Ball Skills Games

[17] HIDDEN TOSS 123

One Ball per Player, One Ball
Instructor

1. **Instructor** has players form a circle/circles.
2. Players hide a ball behind their back.
3. **Instructor** starts play by underhand bouncing their ball to a player.
4. The player that the ball was bounced to must try to catch the ball with one hand.
5. If/when the player catches the ball, player must say the number on the ball and take two away from the number on the ball.
6. The player that caught the ball then places the ball in their hand and has two balls behind their back. That player then selects one of the balls behind their back and underhand tosses that ball to another player.
7. Play continues.

Adaptation/Variation: Use number sequence. Use addition, subtraction, multiplication, etc.

[18] HIGH FIVE 123

One Ball per Pair

1. **Instructor** pairs up players.
2. Player 1 selects a ball.
3. Players are lined up facing their partners about six feet apart.
4. Pairs are lined up behind each other so as one pair starts and moves the next pair is ready to move.
5. Pairs move together with a side shuffle underhand tossing the ball back and forth as they move from side to side down the line.
6. As the pairs move together with a side shuffle, "high fiving" with both hands, they are counting by tens from the number on their ball.

Adaptation/Variation: Ball toss — let bounce as down line. Adjust distance based on players' ability.