

## Equipment Substitutions

- ★ **Balls** – Foamballs are specified for use in this unit, however, utility balls, soccer balls, or other balls suitable for kicking may be used.

## Tag Team Traveling

While half the students practice skills using equipment, engage the other half in another activity without equipment. You can keep all students actively engaged with half the equipment normally needed.

Students are in pairs (Tag Teams) scattered around the perimeter of the area with a spot marker as their home base. Each pair needs 1 ball. While one partner dribbles around the perimeter, the other partner stays at home and completes a stationary activity provided by the teacher (E.g. fitness activities, beanbag solo catching, using a hoop, etc.). When the dribbling partner arrives back at home base, they give each other a high-five (hence the name *Tag Team*) and switch roles. Continue until signal, and then change both tasks.

When the skill involves passing to partners, 2 pairs share a home base, and each group of 4 needs 1 ball. While 1 pair travels around the perimeter, the other pair stays at home and practices passing. When the traveling pair arrives back at home, they give each other a high-five and the other pair travels.

When more practice time is optimal for each activity, 2 loops around the area may be called for instead of 1.

### What you need:

- 1 spot marker or cone per pair
- 1 ball per pair (or foursome for passing activities)

