

Musical Soccer Ball 2

Make a large circle with cones.

Have all the players stand around the outside of the circle.

Place the balls inside the circle. Make sure there is one less ball than there are players. Ex: If there are 8 players, you should place 7 balls inside the circle.

Start by having the players walk/jog around the outside of the circle and when the coach yells "Go", the players should run inside the circle and sit on a ball. The player without a ball is out. Remember to take out a ball each round.

Play a few practice rounds to warm the players up.

Variation:

- Take out more than one ball at a time.

