

The floor is LAVA

Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player who does not get to an island does 10 toe taps/10 foundations/5 star jumps. Progressions: Start game without balls and then add them.

