WATER BALLOON TOSS

DRILL SPECS:

Drill Theme: Catching
Field Location: Center Circle
Time Needed: 5 Min

Drill Style: Game
Field Position: All
Skill Level: Basic, can be progressed

OBJECTIVE:

This objective of this simple game is to help teach the basics of catching in a fun, age-appropriate manner. This game can also be progressed to have a competitive, fun time with older players.

DRILL DESCRIPTION:

• Have each player stand with a partner no more than one foot away.
• Each player will toss the water balloon underhand to their partner, who will work on giving with the balloon softly.
• Once both players have mastered the ease of catching, slowly move them farther apart and continue the progression until the balloon breaks.

DRILL PROGRESSIONS:

1. This game can be progressed into a fun warm-weather activity for older players by turning the game into keep away or by playing handball, where the team must pass it across the circle and beyond the goal to score a point.

Introduce space and time constraints to progress the game and to control the pace of the activity. Keep score and/or play to a desired number of repetitions to promote competition.
DRILL DIAGRAM: