



# FLAMINGO BALL RELAY

## *Participants*

Teams of four or more participants.

## *Time Allotment*

5+ Minutes

## *Activity Level*

Low

## *Materials*

- One ball per team.

## *Method*

- Set up teams of 4+. Choose one participant on each team to be the ball thrower. The rest of the team will line up shoulder to shoulder with about 2 feet of space between each person so form a line all facing the same direction.
- The ball thrower will line up 5-10ft in front of the first person in line. When signaled, the first participant in line must stand on their left foot only and the ball thrower will throw the ball to them 5 times.
- The participant must keep their right foot off the ground for 5 consecutive ball exchanges with the ball thrower.
- If the participant puts their foot down they have to start the count over again.
- Once 5 exchanges have been made the thrower will move on to the next participant who must do the same process.
- When all the people in line have completed the exchange the thrower will begin the other direction down the line but this time the participants must stand on their right foot and keep their left foot in the air.
- The first team to make it down and back is the winner.

## *Regulation Modification Options*

Use the option most appropriate for the youth's level of regulation:

- Each time a participant loses balance and puts a foot down he/she must do a regulation technique with the ball thrower.
- When the ball thrower reaches the end of the line the first time he/she must lead the group in a regulation technique before continuing back down the line.
- The winning team must lead the entire group in a regulation technique after the match.