

Having a Ball: Stability Ball Games  
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1. Partner Challenges .....(1 ball per 2 players)
  - a. Round the One-Minute Clock
    - i. Sitting
    - ii. Standing
  - b. Look mom–different ways to transfer ball.....(1 ball per 2 players)
  - c. Consecutive One-Bounce Passes ..... (2 balls per 2 players)
    - i. Opposite standing
    - ii. Off a wall
    - iii. Seated on wall and ball
  - d. Two player juggle ..... (3 balls per 2 players)
2. Races
  - a. Football (circle with feet out) .....(1 ball per 4-6 players)
  - b. Running Triangles–Run opposite throw/bounce  
(1 ball per 2 players and 3 markers)
  - c. Twin races.....(1 ball per 2 players)
  - d. Pass Floor Pass.....(1 ball per 2 players)
  - e. Crazy Eight Dribble ..... (1 ball per player)
3. Relays
  - a. Crab Walk Relay .....(1 ball per team of 3 players)
  - b. Over, Under, and Around (big part of body) .....(1 ball per team of 3 players)
4. Tag
  - a. Ball Safe (with pool noodle)..... (1 ball and 1 noodle per game)
  - b. Frozen Tag–thaw with ball ..... (1 ball and 1 noodle per game)
  - c. Pressure Tag–squeeze between..... (1 ball per 2 players, and 1 noodle)
5. Group Games
  - a. Rolling bulldogs..... (1 ball per small game)
  - b. Help–go to opening..... (1 ball and 4 pylons per 4 players)
  - c. Four square .....(1 ball per 4+ players and square)
  - d. Musical Balls .....(1 less ball than players)#randomly stop music
  - e. Circus toss and catch (Individual then in 2s+)..... (1 ball per player)
6. Group Challenges
  - a. Over the top–continue 3x bkwd/fwd .....(1 ball per group of 5-7 players)
  - b. Over and Under–continue 3x bkwd/fwd.....(1 ball per group of 5-7 players)
  - c. Watermelon toss ..... (1 ball per group of 5-7 players)
  - d. Feet pass (circle with feet in)  
(1 ball per group (add a second one) of 5-7 players)
  - e. Jog toss in circle..... (1 ball per player)
7. Team Games
  - a. Balls Away..... (1 ball per game and lots of tennis balls)
  - b. Crab soccer ..... (1 ball per game and 4 markers for goals)
  - c. Fit circle–second person pass to .....(1 ball per player in the end)
    - i. One ball
    - ii. Two ball
    - iii. Each a ball
  - d. Not in my House .....(1+ balls per player)

Resources: [byl@redeemer.ca](mailto:byl@redeemer.ca) [www.humankinetics.com](http://www.humankinetics.com) [www.ciraontario.com](http://www.ciraontario.com)

From Human Kinetics (1-800-465-7301)

*\*Chicken and Noodle Games*

*\*Having a Ball*

*\*101 Fun Warm-Up and Cool-Down Games*

From CIRA Ontario (1-905-575-2083)

*\*Everybody Move*