

Explode

1. Every kid has a ball and they must dribble in the D
2. They must keep control
3. You can shout instructions – Fast, slow, stop, start
4. They must not run into each other
5. Make them get their heads up and see the open spaces.

Yell “Explode!” at which point they all run away (dribbling their balls) as fast as they can to the sides of the D – First one wins