



ADA SPORTS, BADMINTON & TENNIS  
2925 CHRYSLER ROAD  
KANSAS CITY, KS. 66115  
800-234-0460  
FAX: 913-371-2663

## **Drills prepared by: ADA Sports, Badminton & Tennis**

### **Balance & Toss:**

- First find a partner.
- Then stand with both feet on a super squish foam ball.
- Begin tossing a super squish foam ball back and forth to your partner.
- Then add another squish ball and try throwing them both back and forth at the same time to your partner, while still trying to keep your balance and not dropping the balls.

### **The Teeter Totter:**

- Begin by sitting on a super squish foam ball with your legs straight and together.
- Place a super squish foam ball in the middle of your legs by your ankles.
- Lay back flat on your back and raise your legs making the ball roll up towards your chest.
- Slow sit up making the ball roll back down towards your feet.
- Repeat.

### **Leg Toss & Catch:**

- While sitting reclined on a super squish foam ball toss another foam ball with your feet into the air and try to catch it.

### **Super Squish:**

- Hold a super squish foam ball chest high between both of your hands.
- Compress the ball until it is flat.
- Repeat a few times.
- Next find a partner and try squishing both of your balls together in between each of your hands.

### **Around The World:**

- Find a partner and stand back to back.
- Place a super squish foam ball in between the two of you.
- Try walking together without letting the balls drop.
- After you have gotten this down try spinning in opposite directions having the ball pass around both of your bodies without dropping it.



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### **Super Squish Ball Thigh Master:**

- Place a super squish foam ball in between your knees.
- Begin squishing the ball with your knees until it is flat.
- Let the air back into the ball and repeat.

### **Knee Balance:**

- Place a super squish foam ball on the ground.
- Kneel down on the ball with both knees and try lifting your legs off the ground using your arms to balance you.
- Next try one knee and then the other.

### **High Five Dribble:**

- Start dribbling a playground ball around the gym or playground.
- Every time you pass a person give them a high five with the hand you aren't dribbling the ball with.
- After each high five start dribbling the ball with your opposite hand and high five with your other free hand.

### **Line Tag Dribble:**

- Begin dribbling a playground ball around the gym.
- Start touching as many lines on the ground while still keeping your ball dribbling.
- After one minute switch hands and repeat.

### **Dribolous Interruptous:**

- Dribble a playground ball around trying to knock other player's balls away from them while you are dribbling.
- If your ball is knocked out of your hand then you must kneel until someone tags you back in using their ball.

### **Seated Dribble:**

- Take a seat on the ground with your legs straight and spread apart.
- Dribble a playground ball starting on your right side using your right hand.
- Then dribble over you right leg into the middle of your legs.
- Next dribble over your left leg so you end up dribbling the ball on your left side.
- Switch hands and repeat.



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### **Ten Finger Dribble:**

- Try dribbling the ball with each one of your fingers on your right hand one at a time then switch hands and try it on your left.

### **Reclining Dribble:**

- Lay flat on the ground dribbling a playground ball with your right hand.
- Switch and try your left hand.

### **Color Dribble Tag:**

- Start everyone dribbling a ball.
- Call out a color and the color that you call out is it.
- They try to run around while still dribbling and tag the other color players getting them out.

### **Sit and Shoot:**

- One person sits on the ground with a ball while the other stands up making a basketball goal with their arms.
- The person sitting trying shooting the ball into the goal.
- Try 10 times and then switch.

### **Bumper Dribble:**

- Dribbling a ball around slowly close your eyes using your opposite hand as your bumper.
- After a minute switch hands.

### **Double Dribble:**

- Dribbling two balls try walking forwards, backwards, then sideways with out losing a ball.
- Next try alternating bounce.

### **Pass and Bounce:**

- Grab partner and two playground balls.
- Bounce pass one ball back and forth.
- Chest pass back and forth.
- Add another ball and one person bounce pass while the other chest passes to each other. Then try 4 balls total 2 balls for each person.
- After you have this down try all steps while balancing on super squish foam ball.



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### **Balance Dribble:**

- Standing on a super squish foam ball try balancing and dribbling a playground ball.
- Switch hands and repeat.

### **Nuclear Fusion:**

- Stand facing your partner using super squish balls one person throws their ball to the other person.
- When the ball gets half way through the air the person still holding a ball throws theirs trying to hit the moving ball trying to get both balls to bounce back to the person that threw each one.

### **Punch Ball:**

- Using super squish ball try punching it into the air numerous times without dropping.
- Also can bump like volleyball.
- Knee bounce like soccer.
- Or bounce off elbows.

### **Duck:**

- Using playground ball bounce it as hard as you can and then while it's in the air see how many times you can go back and forth under it before it hits the ground.

### **Secret Partner:**

- Secretly pick a person out.
- Everyone begin dribbling playground balls walking around gym.
- Follow the person you picked out keeping your eyes on them at all times.
- Try not to let the person know you are following them.
- After one minute have everyone guess who their follower was.

### **Ball Quiz:**

- Line up with balls that are lettered and numbered
- Everyone start dribbling around to a partner
- Start with addition with the numbers on balls move on to another partner after problem is solved (subtraction, multiplication, & division)
- Same with letters (states, countries, animals, colors, etc.)



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### **Person in the Middle:**

- One person in the middle with boundaries for the other two players
- Play "keep away"
- If one of the people drop the ball or makes bad pass then they become the "person in the middle"

### **Bowling:**

- One person stands over a pin (or cone or even an empty shuttlecock can)
- About 10' away another person stands with a foam coated ball or playground ball, and rolls it towards the pin – once the pin is knocked down, run and switch places.
- This game can be played in a group or as partners.