

## Reaction Ball Activities

**Twosome** - Working with a partner in a designated area with a dividing line. Underhand tosses only. Toss the ball to your opponent. The ball must land in opponent's area and is only allowed one bounce. Continue tossing the ball back and forth until the rally ends.

**Burning Ball** – Individual takes one reaction ball and drops the ball from different heights so that the ball lands in front of the individual. Knee, waist, shoulder and head are four options of height to drop the reaction ball from. Obviously the higher the ball is the higher the bounce and greater the chance of success. The ball must be caught after one bounce. Two options: 1. must catch the ball with the same hand you drop with, and 2. must catch the ball with the opposite hand.

**Going Up** – Played with a partner in a designated area. The simple rule is the ball must go up before it can go down to the ground. Players can move anywhere in the designated area. When player A tosses the ball, player B must catch the ball before the second bounce. As soon as player B has possession, he/she tosses it so it lands inside the designated area. The objective is to get the ball to bounce twice before your opponent catches it.

**Pop Up** – Two person activity. Player A is on the ground lying on his/her chest. Player B tosses the ball in the air. Player A reacts by popping up and trying to catch the ball before a second bounce.

**REACT** – Two player game. Have a tossing area marked on the wall. Player A stands behind player B with a reaction ball. Player A tosses the ball underhand at the wall making sure to hit the tossing area. Player A must react to the ball coming off the wall and catch it before a second bounce. After 5 tosses players A and B switch positions.

**Right or Left** – Player A holds a reaction ball in each hand out to the sides. Player B is facing player A approximately 1 meter apart. Player A drops either ball and player B must react and catch the ball before a second bounce.

**Walls** – This game is similar to REACT however there is now a designated playing area on the floor as well. Player A begins at the end line and 'serves' the ball by tossing it underhand to the wall. Player B must catch the ball after one bounce and then return it to the wall. The rally continues until the ball bounces twice or lands out of bounds. After each point, the game restarts with a serve from the end line. Again, all tosses must be underhand.

