

BALLOON AGILITY

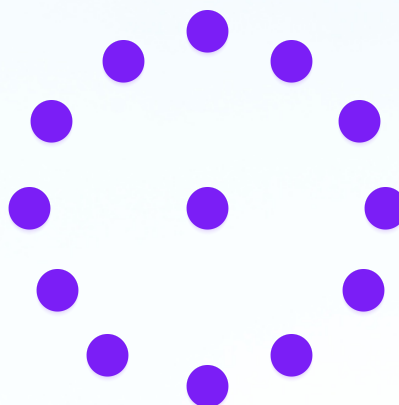
SWEAT

WHAT YOU NEED:

- BALLOON OR TENNIS BALL
- CONES

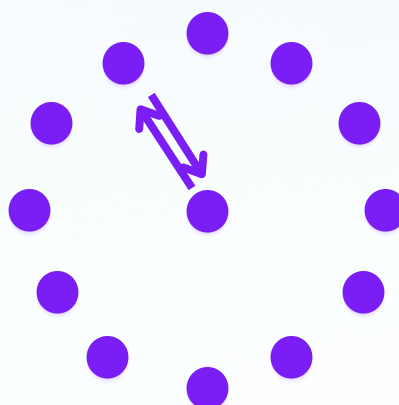
SETTING UP

- PUT CONES IN A CLOCK FORMATION
- PUT ONE CONE IN THE MIDDLE
- START IN THE MIDDLE WITH THE BALLOON/TENNIS BALL



EXECUTION

- THROW THE BALLON UP
- AT THE SAME TIME, RUN OUT TO A CONE AND BACK
- CATCH THE BALLOON BEFORE IT LANDS
- REPEAT AT EVERY POINT ON THE CIRCLE
- COMPLETE AS MANY TIMES ARE YOU WANT!



MAKE IT HARDER

- HIT THE BALL UP EACH TIME!
- DO IT WITH A PARTNER!!

