LA COUNTY LIBRARY

Activity Idea

DON'T DROP THE BALL

Recommended for Ages 10+

Challenge your physical skills and coordination in this challenging game of catch.

You will need the following materials:

- A small ball like a tennis ball.
- Different sized balls to create a challenge (optional)

How to Play:

1. Stand 8 steps apart, facing each other toss the ball and catch without dropping it. If you do not drop the ball take a step back.
2. When a player drops the ball, the player goes down on one knee. Continue to toss and catch.
3. Each time the player drops the ball, they keep going lower, down to one elbow, then the other, then down to your chin.
4. Get creative with the rules and consequences. Have fun!