

## GAGA BALL SKILLS & DRILLS

### 1. HITTING

#### SKILL –

- a. Ball should be laying on the ground.
- b. Circular motion with their hitting arm should begin by bringing that arm back.
- c. As this motion begins, players should be stepping with their opposite leg forward. Their non-hitting hand should be pointing towards their target.
- d. As arm reaches back motion, they should keep eye on the ball and start swinging hitting arm forward to the ball.
- e. As they hit the ball their hitting arm should go up across their body, and their back leg should be brought forward.

#### DRILL – Partner Hitting

Equipment Needed: Kickball/Playground Ball

Set Up: No set up needed.

#### How To:

1. Place the player into pairs.
2. Then split the pairs into 2 stacks.
3. Have them hit ball back and forth.
4. If you have a wall, they can hit to themselves.

### 2. DODGING

#### SKILL –

- a. As a ball is coming toward a player, the player may dodge a ball by moving their body to get out of the way.
- b. This includes jumping to the side to move the entire body.
- c. A person can duck their head so their head will not get hit.
- d. A person can jump over a ball so they are not hit.

#### DRILL – Dodging Stacks

Equipment Needed: Dodgeball

Set Up: No set up needed.

#### How To:

1. Place players into pairs.
2. Then split the pairs into 2 stacks.
3. Have one player hit the ball at the other.
4. The player without the ball works on dodging the ball.
5. Have players line up and instructor tries to hit the ball at player.

### 3. ACCURACY

#### SKILL –

- a. Pick out a target on the wall. As each player takes a turn trying to hit the target.
- b. Follow the skills of hitting.
- c. Remind players that their non-hitting hand should be point toward their target.

#### DRILL –

Equipment Needed: Kickballs, Dodgeballs, Cones

Set Up: Set up a cone with a ball on top.

#### How To

1. Place players into stacks.
2. Set up cone with ball on top out in front of each stack.
3. First person in line should try to knock the ball off the cone by hitting another ball at it.

### 4. JUMPING

#### SKILL –

- a. As a ball is coming toward a player, the player may jump a ball by moving their body to get out of the way.
- b. This includes jumping to the side to move the entire body.
- c. A person can jump over a ball so they are not hit.

#### DRILL – Jumping Stacks

Equipment Needed: Kickball/Playground Ball, Dodgeballs

Set Up: No set up needed.

#### How To:

1. Place players into pairs.
2. Then split the pairs into 2 stacks.
3. Have one player hit the ball on ground at the other.
4. The player without the ball works on jumping the ball.
5. Have players line up and instructor tries to hit the ball on the ground at player.