



#FontanaTogether

Circle Ball

Introduction:

Circle Ball is a fun fitness game for children and adults that improves eye to hand coordination and flexibility. Here, you will learn the rules of the game and how to play it. The best part about this game is nobody is ever “out”!

Materials:

- 4 to 8 players
- A ball
- Outdoor or indoor area

Instructions:

1. Start by gathering your group of people in a circle. Everyone must take their widest possible stance they can with bent knees, toes touching. With a straight back lean forward.



2. One player starts with the ball by batting it with an open palm on the ground between other players feet to score a goal. Players are going to defend by making sure the ball doesn't go between their legs.



3. Once a player scores a goal, he/she will retrieve the ball while the other players do a certain amount of exercises. For example, 5 jumping jacks. (Or the player that scored can chose the other players exercise). Exercises may vary, it could lunges, pushups, cherry pickers, squats, burpees, etc.



Modifications/Variations:

- You can adjust the amount of exercises depending on the age of the players.
- Set a timer for the players to play each round.