

# NetSetGO

COACHING RESOURCE



## *Balance*



# BALANCE

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## Progressions

Progressions for the fundamental skill of balance are as follows:

- Balance on two feet – moving.
- Balance on one foot – stationary/moving.
- Balance on landing – two feet (jump).
- Balance on landing – one foot (hop).

## COACHING POINTS

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### Balance

- Eyes looking forward.
- Bend at knees as required.

### Two Foot Land

- Land softly on two feet shoulder width apart.
- Keep body upright.
- Bend at ankles, knees and hips.
- Knees should stay in line with the feet over the toes.

### One Foot Land

- If player lands to the right, land softly on the right foot and bring the other foot down quickly, and vice versa.
- Keep body upright.
- Bend at ankles, knees and hips.
- Knee should stay in line with the foot over the toe.

### Activities

Activities listed in order of complexity.

### Objective

- Improve participants' balance.

## ACTIVITY 1 - INDIVIDUAL STANDING BALANCES

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### What to do:

- Stand on one leg – like a bird.
- Stand on one leg – swing the other like a pendulum.
- Stand on tiptoe.
- Stand on both feet with eyes shut.
- Stand on one foot with eyes shut.
- Stand on both feet, then on one leg and balance a beanbag.

### Change it:

**EASIER** – Players can use another player or object to balance and let go for as long as possible.

**HARDER** – Add players moving around prior to the balance being called; For some balances a ball could be thrown while balancing.

### What you need:

Ball (for advanced groups).

## ACTIVITY 2 - WALKING ALONG A LINE

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### What to do:

- Players to move along a line using a variety of movements:
  - Heel/toe walk.
  - Walk on toes.
  - Walk backwards.
  - Hop forwards/backwards.
  - Jump.

### Change it:

**EASIER** – Players perform activity without staying on a line.

**HARDER** – Add cones to move over as they progress along the line.

### What you need:

Line for players to perform balances.

## ACTIVITY 3 - SIMON SAYS

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### What to do:

- Use the following balance and hopping activities or make up your own:
  - o Stand on one leg.
  - o Stand on one leg and swing the other to the side.
  - o Stand on tip toe.
  - o Stand on both feet with eyes open/shut.
  - o Stand on one foot with eyes open/shut.
  - o Hop forward/backwards on right/left foot.
  - o Pivot right or left (squash the spider).

### Change it:

**EASIER** – Perform balances/activities without playing Simon Says.

**HARDER** – Introduce a competition.

### What you need:

Someone to call instructions.

## ACTIVITY 4 - THUMB WAR LEG BALANCE

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### What to do:

- Stand on one leg and monkey grip the hand of partner, with the thumb in the air.
- Players tap thumbs onto hand on alternating sides three times then try to pin the other players' thumb down.
- Variation – right foot and right hand, right foot and left hand, left foot and left hand, left foot and right hand.

### Change it:

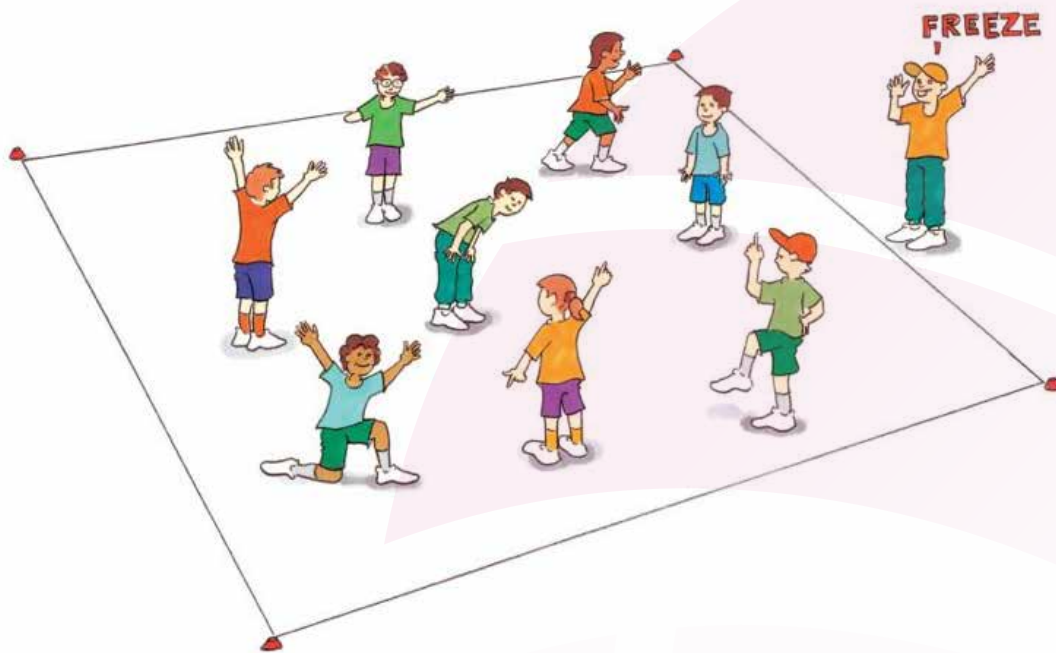
**EASIER** – Players can touch other foot down as required to balance.

**HARDER** – Play both hands at once.

### What you need:

Partners.

## ACTIVITY 5 - MUSICAL BALANCE



### What to do:

- Players move around with a variety of movements e.g. run, skip, hop, jump.
- When the music stops players must balance on the body parts called by the coach e.g. one foot, one hand and one foot.

### Change it:

**EASIER** – Keep the same balance.

**HARDER** – Introduce a competition.

### What you need:

Music.

## ACTIVITY 6 – SQUASH THE SPIDER

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### What to do:

- Players run around an area scattered with markers.
- When they come to a marker they perform a pivot – squash the spider.

### Change it:

**EASIER** – In groups of three, line up behind a line, run to one marker, pivot and return to own line.

**HARDER** – Introduce a competition.

### What you need:

Markers.



## ACTIVITY 7 - BALLOON STOMPING

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### What to do:

- Tie a balloon to each player's ankle.
- Hold both hands with your partner and try to burst their balloon while protecting your own balloon.

### Change it:

**EASIER** – Only one person in the pair with a balloon.

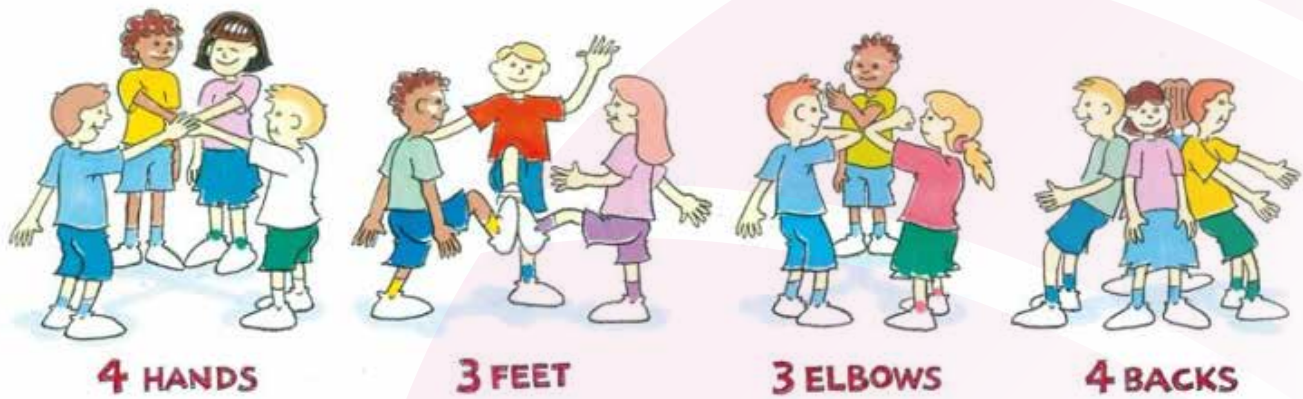
**HARDER** – Move around an area and try to stomp on other players balloons.

### What you need:

Balloons.

Partners.

## ACTIVITY 8 - PARTNER CONNECTION



### What to do:

- Players move around using a variety of movements e.g. run, skip, hop, jump, leap.
- The coach calls out two body parts which each player must connect to another player e.g. elbow to knee, hand to foot, head to head.
- Variation:
  - Form larger groups by calling out more body parts e.g. 4 hands, 3 feet, 3 elbows, 4 backs.

### Change it:

**EASIER** – Players do not move around prior to creating the balance.

**HARDER** – Form larger groups by calling out more body parts e.g. 5 elbows, 2 heads and 3 knees.

### What you need:

Group of players.

## ACTIVITY 9 - PARTNER BALANCE

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### What to do:

- In pairs ask the players to balance on the body parts called by the coach, make up your own or use the following:
  - o Four feet touching the ground.
  - o Two feet touching the ground.
  - o Two hands and two feet touching the ground.
  - o Two hands and two knees touching the ground.
  - o One back and two feet touching the ground.

### Change it:

**EASIER** – Allow players to add one-two other body parts to balance if required.

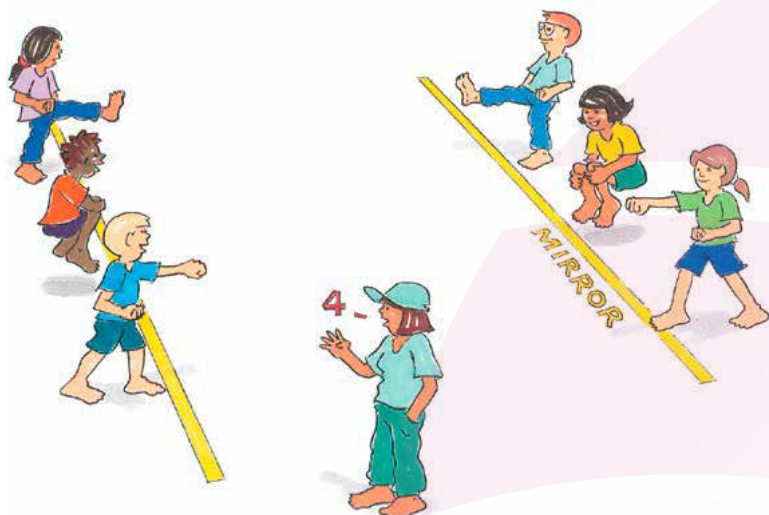
**HARDER** – Players move around using a variety of movements e.g. run, skip, hop, jump, leap, when the coach calls the body parts, perform the balance with a partner.

### What you need:

Partners.

## ACTIVITY 10 - MIRROR BALANCE

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### What to do:

- In pairs players mirror each other's balances.

### Change it:

**EASIER** – All players mirror the coach.

**HARDER** – Add movement before the balance.

### What you need:

Partners.

## ACTIVITY 11 - THROW TO SELF USING A BEAN BAG/BALL STANDING ON ONE LEG



### What to do:

- Complete each of the following standing on one leg then repeat standing on the other leg:
  - o Throw bean bag from hand to hand – high/low.
  - o Throw to self in the air and catch.
  - o Throw to self and clap once before catching.
  - o Repeat extending the number of claps.

### Change it:

**EASIER** – Move beanbag around rather than throwing it and/or copy partners movements.

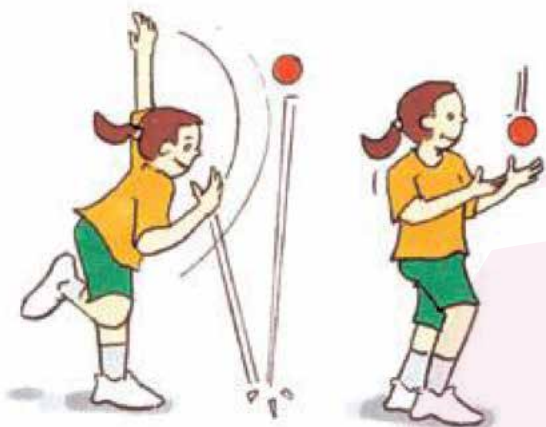
**HARDER** – Increase the difficulty of activities with the beanbag e.g. a bean bag in each hand throwing both up in the air at once.

### What you need:

Bean bags.

## ACTIVITY 12 - BOUNCE BALL AND BALANCE

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### What to do:

- Balance on one leg while bouncing a ball.
- Hop and bounce a ball.
- Cross legs and bounce a ball.

### Change it:

**EASIER** – Move ball around rather than throwing it and/or copy partner's movements.

**HARDER** – Bounce ball consecutively with one hand; Bounce two balls at once.

### What you need:

Balls.

## ACTIVITY 13 - PARTNER PASS AND BALANCE

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### What to do:

- Both partners balance on one leg with one ball between them.
- Pass the ball using the following passes:
  - o Around your body.
  - o Bounce the ball.
  - o Chest pass.

### Change it:

**EASIER** – Stand close to partner so the ball can be passed from hand to hand.

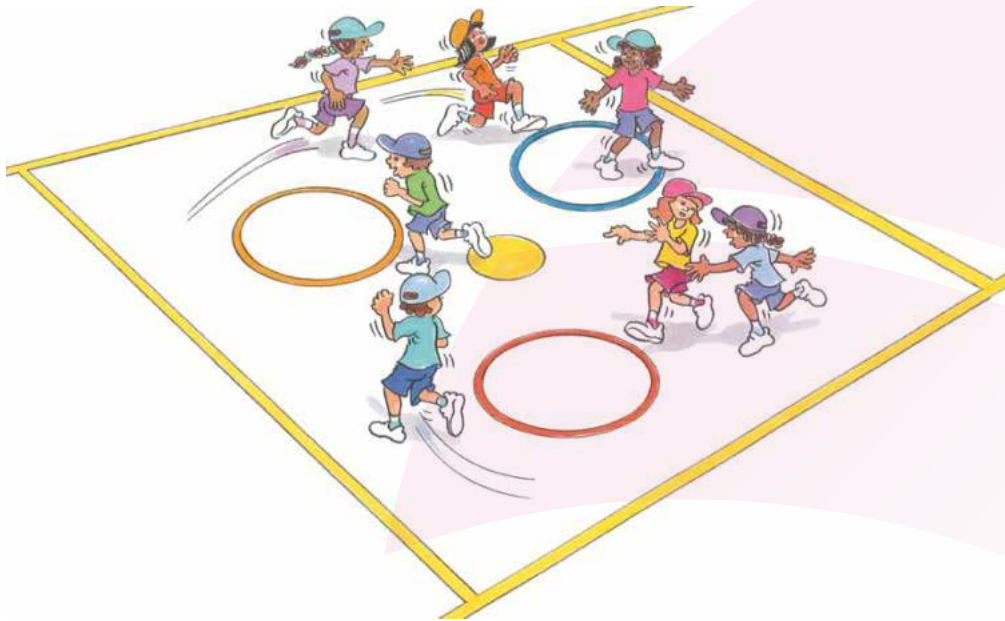
**HARDER** – Throw the ball further away from the centre of the body.

### What you need:

Balls.

Partners.

## ACTIVITY 14 - ISLANDS



### What to do:

- Set up with less hoops/mats (islands) than the number of players.
- Nominate one/two players as the sharks, these players are the taggers.
- The players avoid being tagged by balancing on an island, islands can only hold one person, if another player moves onto an island the first player must leave.
- Players cannot balance on the island for more than six seconds.
- If a player is tagged they exchange places with the shark.

### Variation:

- Run until the music stops, then run to an island and balance.

### Change it:

**EASIER** – Have no tagger, players balance on islands then move to a new island.

**HARDER** – Coaches nominate different balances to be performed when on the island e.g. two feet, right foot, left foot.

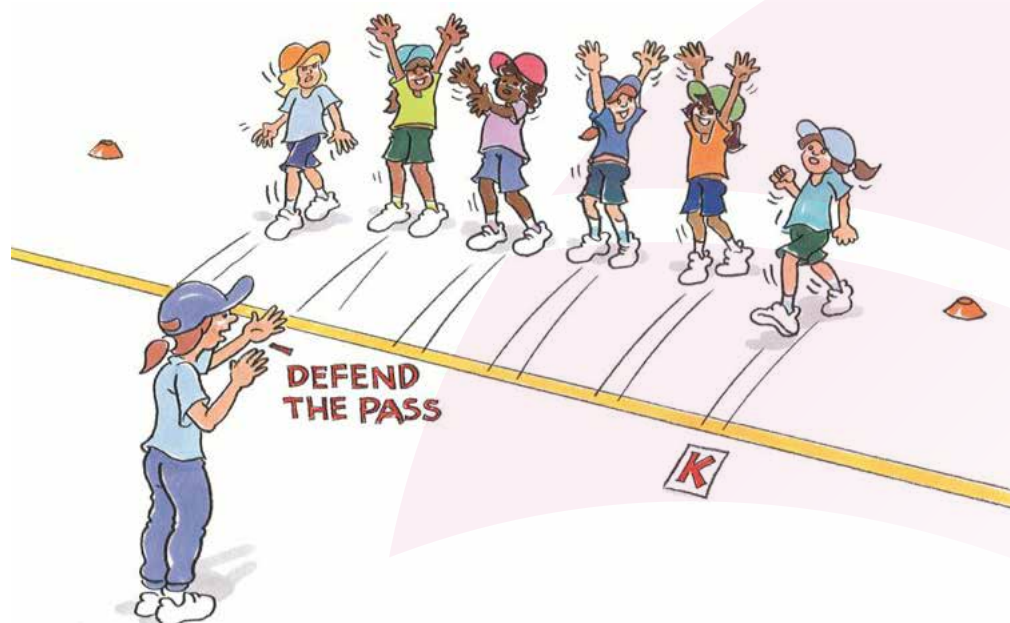
### What you need:

Floor discs/Hoops.

Bib (for the Shark).



## ACTIVITY 15 - KINGS AND QUEENS



### What to do:

- In groups of five-six players line up along a line.
- The coach faces the group – the first person on the coach's right is the King and the second the Queen.
- The coach calls players to 'Defend the Pass', they must get back 4 feet and put their hands up to defend.
- If a player is slower than the person on their right (coaches left), they move down one spot.
- The aim is to be the quickest and become the King.

### Change it:

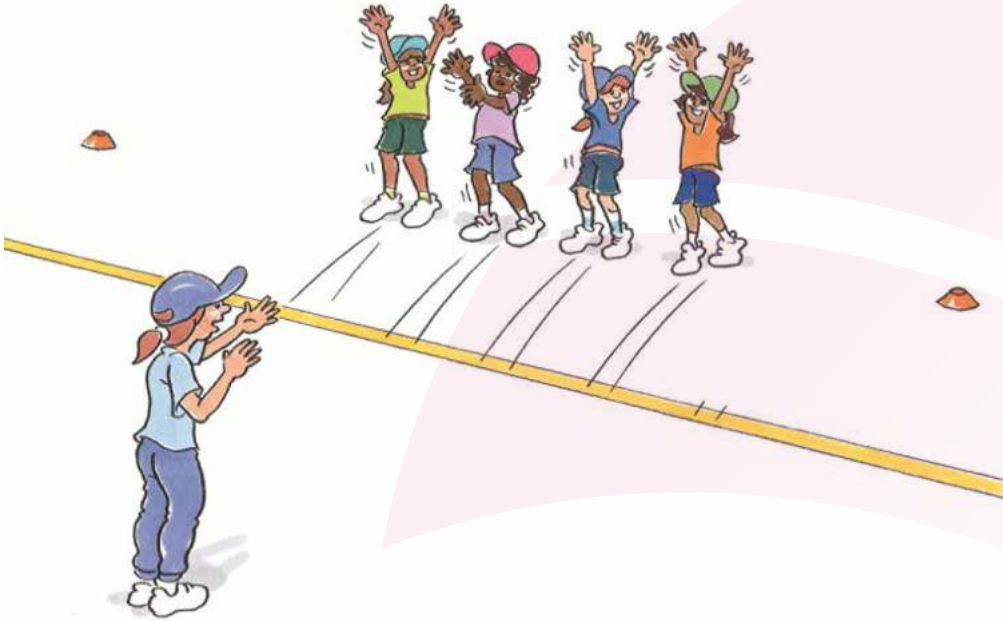
**EASIER** – Remove the competition.

**HARDER** – Combine with specific arm positions (Activity 16 - Norma Says).

### What you need:

Line or markers to start.

## ACTIVITY 16 – NORMA SAYS



### What to do:

- Using rules of Simon Says, the coach calls out commands for players to perform.
- Players should move back 4 feet to defend the pass when 'Norma Says Defend the Pass'.
- Other commands are:
  - o Norma Says High Wide Pass – move back 4 feet with arms wide.
  - o Norma Says Lob Pass – move back 4 feet with arms high in the air.
  - o Norma Says Bounce pass – move back 4 feet with arms low.

### Change it:

**EASIER** – Play just with arm actions and not moving back 4 feet; Use lines so players know how far to move back.

**HARDER** – Combine with Kings and Queens (Balance Activity 15).

Illustrations – Glenn Robey