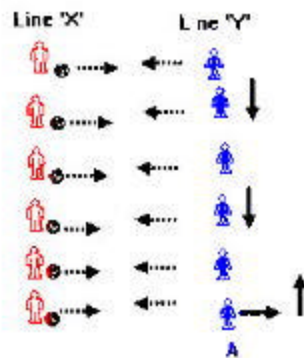


# Gauntlet

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## The Game

- Each player starts with an activity as shown, facing their partner. Players on Line X each have a ball.
- Each player starts the activity with their partner and advances down the line, repeating the activity at each successive player. Line Y players receive the ball and return it to the player in Line X that gave it to them.
- When a player gets to position A, they recycle and start again at the top of the line.

## Try These Activities

- One touch back with either foot. (Make sure players go in both directions, up and down.)
- Two touch returns, receiving with inside and outside of foot.
- Pass back with inside or outside of feet.
- Receive with thigh, pass back with instep.
- Chest - instep
- Chest - thigh - inside of foot.
- Outside of foot volley.
- Preparation touch with the head, back with head ("double header").
- Chest - head.
- The possibilities are endless.