



## Under the Bridge

**Appropriate Age Group:** 5-10

**Skill(s) Practiced:** Scooping, Carrying, Rolling

**Drill Duration:** 5 minutes

**Resources:** 1 ball per child, Adults, Noodles

**Description:** Multiple sets of adults walk around the field carrying a pool noodle between the pair of them. As they do this, the child rolls a ball between the adults and must scoop it by passing under the noodle.

**Progression(s):** Alternate top hands on the stick. Alternate player roles.

**Drill Diagram:**

