Footbag Mania

Warm Up Activity

Objectives:
1. Learn fun physical activities using a footbag (also called a hacky-sack or foot sack).
2. Experience fun activities that are good for stretching, flexibility and coordination.

Age:
8 years and older.

Length:
Approximately 10 to 20 minutes.

Supplies and Materials:
1. Footbags or sack balls – one per person.
2. Copy one Footbag Games handout for each participant’s take-home bag.

Special Considerations:
Wheelchair-Bound Participants: Modify games so hands are used to keep footbag in the air or work in pairs with one person using the legs and one using the hands.

Activity Directions:
1. Show a footbag and explain that this ball is a great way to stretch your hip and leg muscles for a warm-up or a cool down. Share that today we will use it as a warm up activity to gradually stretch and work our muscles. This helps prevent muscle soreness and tension. Physical activity also helps improve and maintain coordination. (Note: you can alter placement of this activity for a cool down instead.)

2. Give each person a footbag.

3. Let players practice using their legs below the knees and their feet to keep the footbag in the air. Give the pointer that the higher they kick the ball, the more time they have to plan their next hit.

4. After a few minutes, instruct players to find a partner and together keep one footbag in the air.
5. After a few minutes, instruct players to get into groups of three and keep two footbags in the air. Then add a third footbag.

6. Ask what other games can be played with the footbag. Try a few of their suggestions or refer to the Footbag Games handout.

7. Collect the footbags. If budget permits, let participants know they have a footbag and some game ideas in their take-home bags.

**Take Home Tidbit**

*Footbag Games* handout.