

# Z-Ball Madness

## 1. Z Ball Soccer

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power  
☐ Cardiorespiratory ☐ Flexibility ☐ Anaerobic ☐ Strength ☐ Endurance

## 2. Z Ball Relay

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power  
☐ Cardiorespiratory ☐ Flexibility ☐ Anaerobic ☐ Strength ☐ Endurance

## 3. Z Ball Tennis

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power  
☐ Cardiorespiratory ☐ Flexibility ☐ Anaerobic ☐ Strength ☐ Endurance

# Z Ball Madness

## 1. Z Ball Soccer

Set up three or four different colored cones or hoops in gym. Split students into same number of teams as hoops or cones. Game played for five mins or other specified time. Must use feet to kick zball to your cone or hoop. When point is scored must bring ball to teacher who records score for your team and then puts ball back in play.

## 2. Z Ball Relay

Make relay teams. Must kick zball to designated cone which is laying on side. Zball must be kicked into cone. Once ball is in then can be run back to next person in line.

## 3. Z Ball Tennis

Pick out an area on gym floor so that each student now has a boundary. Toss the ball into the area. If the opponent does not catch ball after one bounce then point is scored.