Static balance

Skill components

(Introductory components marked in **bold**)

1. Support leg still, foot flat on the ground.
2. **Non-support leg bent, not touching the support leg.**
3. **Head stable, eyes focused forward.**
4. **Trunk stable and upright.**
5. No excessive arm movements.

Teaching cues

- Stand still with your foot flat on the ground.
- Hold your bent leg away from the other leg.
- Eyes forward, look at something in front of you.
- Stand up tall, relax your arms.

Common errors

- Arms waving erratically.
- Head down or looking at the ground.
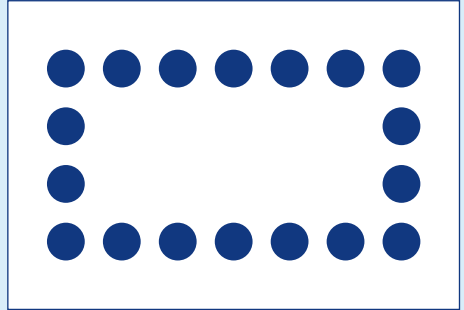- Support leg moving.
- Non-support leg leans against support leg.

Set-up

- Set up a playing area with markers.
- Two or more taggers wear bibs.
- Half the runners have balls of different shapes and sizes.

Equipment

- Bibs
- Cones or markers
- Variety of balls

How to play

1. Taggers chase runners. If runners are tagged, they stand on the spot in a stork stand (static balance).

2. Runners can free each other by throwing or catching a ball with an underarm throw. Both tagged or free runners can throw or catch the ball.

3. Change runners and taggers frequently.

Variations

Make it easier

- Use hoops as tag free islands and depending on the mobility of the student, allow different amounts of time on the island.

- Allow a bounce pass.

- Replace stork with another position such as sit with legs tucked off the ground.

Make it harder

- Have a 'no drop' rule. If the stork drops the ball, then both students become storks.

- Make the playing area smaller.