

Knee Slap Game



Exercise Objectives:

This is a fun game that players enjoy. Develops fast footwork, agility and simulates a defensive position (down low, knees bent)

Field Preparation

★ 2 Players

Coaching Pointers:

Divided your group of players into pairs. Each pair faces each other. The object of the game is for each player to try and slap his partner on the knee. Players are down low in the bent knee position (just like a defending stance). Players move around trying to avoid getting slapped. A point is awarded for each successful attempt. First player to 5 points wins. Rotate players to challenge new opponents.

Be careful not to bang heads.