

Shout Out List

Tunnel

People in each group line up separately, single file with legs spread apart. The person in the front of each line must roll the ball to the person in the back of their line through everyone's legs, and the last person must run to the group leader with the ball.

Over the Top

Teams line up single file. The person in front of each line must pass the ball back over her head to the person behind her, who passes it to the next person. This continues all the way down the line till the last person in the line runs the ball to the group leader.

Circle Out

Each group stands in a circle shoulder-to-shoulder, facing outward, and must pass the ball around the outside of the circle. Everyone must touch the ball before the last person runs the ball to the group leader.

Kick It

Each group passes the ball between its teammates by kicking it on the ground. The last person who receives the ball on each team then runs it to the group leader.