



REBOUND BRIDGE

Ages 5+ | Individual | 1+ Players

AIM OF THE GAME



- ▶ Using a wall as a rebound, challenge yourself to roll a ball against the wall and as it rebounds move into a bridge position, hold it and let the ball pass under you.

EQUIPMENT



- ▶ Can be played with any appropriate ball for the space playing in and that can bounce off a wall when rolled.

HOW TO PLAY



- ▶ Facing a wall with some space in front and behind you. Roll the ball against the wall and then quickly make a "bridge" shape with your body so when the ball rebounds off the wall it rolls under your bridge.
- ▶ The bridge could be made by only using your legs spread wide apart, putting hands and feet on the floor or making any shape you can.
- ▶ Remember to quickly get out of the shape to collect the ball after it has passed under you and before it hits any other walls or objects behind you.

GAME VARIATIONS



1. Try to come up with as many different bridge shapes as you can in a minute and only change shape if the ball goes under your bridge.
2. Make a bridge shape with 2, 3, 4 or 5 body parts touching the floor.
3. Try doing this in a sequence with each ball roll against the wall. Remember only change shape if the ball goes under your bridge.
3. Move closer or further away from the wall to increase or decrease the time to move into and hold a bridge shape
4. If playing with a partner, one can roll the ball under bridge instead using a wall whilst the other moves into and holds the bridge shape. Either player could move to collect the ball once passed under bridge.