



CORNERSTONE ACTIVITY: COACH PAC MAN

Coach PAC MAN (Coach is “it”!)

The coach plays the role of Pac Man while all of the players run freely in the grid. While dribbling the Pac Man tries to hit the players in the legs by passing at them. Players try to avoid getting hit with the ball-jump, dodge. Once a player is hit he/she gets a ball and becomes a second Pac Man. The activity continues until all of the players have been hit. If the children are really wound up, the coach may want to be the only Pac Man and in this case players who get hit must go off the field, perform ten jumping jacks, five sit-ups or pushups and then come back into the game.

What are you looking for:

Dribbling and passing to hit a moving target. Cardiorespiratory fitness, agility and jumping to avoid being hit by a pass. Vision and awareness of the playing area are improved. The activity allows all ability levels to play equally and allows each player to be successful.

Organization:

Area is approximately 20 x 20 yards. Adjust the grid to be smaller or larger depending on the number of players in the activity and/or their ability level.

