

# SHADOW BALL

## Social Distancing Game

### What is it:

Shadow Ball is an activity made famous by the Harlem Globetrotters. They would practice dribbling, passing, and even shooting with an imaginary ball!

### How to Play:

- 1) Print out the instruction sheet and scorecard on page 2.
- 2) [Watch this instructional video.](#)
- 3) Record your score on the scoresheet!
- 4) Upload a picture of your scoresheet to Facebook or Instagram with the hashtag #RVUSUFALLHEALTHFAIR or email [marketing@rvu.edu](mailto:marketing@rvu.edu) to be entered in our weekly drawing for a gift card to Big 5 Sporting Goods! You will also be entered into the general prize drawings for participating. Winners will be direct messaged or emailed.

Can you beat our scores???

For more games like this, check out  
<https://openphysed.org/wp-content/uploads/2020/03/MMNOW05-ShadowSportspdf.pdf>

## Game setup:

- 1 - Find one or more partners. Make sure to stay 6 feet apart while playing!
- 2 - Play rock, paper, scissors to see who goes first. If there are more than 2 players, have a rock, paper, scissors tournament and have players go in order of how they placed! (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, etc.)
- 3 - Now it's time for SHADOW BALL! You will be pretending to use a real ball, so no need to go and get one.

## Instructions

### Score

#### Bronze Basketball Challenge:

- 1 - Try to score as many points as possible in 60 seconds!
- 2 - Dribble the ball 5 times then pass it to your partner - that counts as 1 point.
- 3 - Your partner will catch the ball and dribble it 5 times then pass it to the next person - that counts as 1 point.
- 4 - If there are more than 2 players, passing the ball to the player who last had it counts as losing a point - Keep track of who had the ball to avoid losing points!
- 5 - Record your team score in the box to the right.



#### Silver Basketball Challenge:

- 1 - Try to score as many points as possible in 60 seconds!
- 2 - Dribble the ball 5 times then pass the ball through your legs to your partner - that counts as 1 point.
- 3 - Your partner will catch the ball and dribble 5 times before passing the ball through their legs to another player - that counts as 1 point.
- 4 - If there are more than 2 players, passing the ball to the player who last had it counts as losing a point - Keep track of who had the ball to avoid losing points!
- 5 - Record your team score in the box to the right.



#### Gold Bounce Pass Challenge

- 1 - Try to score as many points as possible in 120 seconds!
- 2 - Dribble the ball 10 times alternating hands on each dribble. Then pass it to your partner by bouncing it off the nearest object (like a wall) - that counts as 1 point.
- 3 - Your partner will then do the same before bouncing it off a different object (maybe the ceiling) to the next player - that counts as 1 point.
- 4 - If there are more than 2 players, passing the ball to the player who last had it counts as losing a point - Keep track of who had the ball to avoid losing points!
- 5 - Record your team score in the box to the right.



For other fun shadow ball ideas, check out

<https://openphsyed.org/wp-content/uploads/2020/03/MMNOW05-ShadowSports.pdf>