

Coaching sheet for *Bounce on the Ceiling*

Coaching chart for _____ & _____

Prepared by _____

Steps:

1. Two players work together to score as many points as possible in 1 minute.
2. The third person is the observer: Observer records how many positive points partners score bouncing the balloon off the ceiling and also how many negative points they score in one minute.
 - a. Score one positive point each time the balloon touches the ceiling.
 - b. Score one negative point each time the balloon:
 - i. touches the floor
 - ii. stop moving freely and independently
 - iii. gets kicked
 - c. Score a negative point if partners lose contact by letting go of hands or the rope. No hands may be free.
3. The players get a second minute to improve their score after they plan together.

Do not score more than one negative point in five seconds.

	Positive Points	Negative Points	Total (sum of pos. & neg.)
Game 1			

What is your prediction for Game 2? _____

	Positive Points	Negative Points	Total (sum of pos. & neg.)
Game 2			

What is your prediction for Game 3? _____

	Positive Points	Negative Points	Total (sum of pos. & neg.)
Game 3			

Debrief

What happened?

So what? [What did you learn?]

Now what? [How can you use what you learned in the future?]