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# THE CrossFit JOURNAL KIDS

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## Hungry, Hungry Hippo

Some kids will find medicine balls are more fun when they aren't used for wall-ball shots.

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### Object

To "eat" the most medicine balls as a team.

### Equipment

Medicine balls of varying sizes and weights.

### Set-Up

1. Define the play area with cones, approximately 20 feet by 20 feet.
2. Place the medicine balls in the center of the play area.

### Game Play

1. Divide the kids into four teams and position them on four sides of the play area.
2. On "go," one player from each team performs a burpee and then runs to the pile of medicine balls in the center of the room.
3. Each player returns with only one ball per trip.
4. The game continues until all medicine balls have been "eaten."
5. The team with the most medicine balls wins.



Daniel Marks