
THE **CrossFit** JOURNAL **KIDS**

Plank Ball

This simple activity is based on the classic game of hot potato and works well as a warm-up for young athletes.

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Equipment

- Large inflatable physio ball (ideally 30 inches in diameter). This will act as the hot potato.
- Music source

Game Play

1. The athletes must hold a plank position in a circle about 10 to 12 feet in diameter, depending on the class size.
2. While the music is on, the players must maintain the plank position and pass the hot potato with a single hand or a head butt.
3. When the music stops, the player who touched the potato last must go to the center of the circle and perform a designated exercise for 3 to 5 reps.
4. Once the exercise is complete, play resumes.

