

## Powerball

This game requires the fitness of a CrossFit athlete and the poise, accuracy and game sense of a skilled basketball player.

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### Equipment

- 2 cones
- 2 Gator Skin dodgeballs
- 1 large bucket or tub (an upside-down plyo box will also work)
- 2 trainers

### Set-up

1. Place the cones on opposite edges of an area measuring 20 by 20 feet.
2. Place the dodgeballs at the cones.
3. Place the bucket (or upside-down plyo box) at midfield.

### Objective

Score the most buckets as possible within the given time.

### Game Play

1. Divide the class into two teams and line them up at the cones.
2. Position the two trainers on either side of the bucket, facing the teams.
3. Players take turns performing the assigned exercise (usually 3-5 reps of squats or burpees) at the cone.
4. Upon completing the given exercise, the player picks up the dodgeball and attempts to put it in the bucket. Trainers defend the bucket much like in basketball. A point is scored for each ball scored in the bucket. A turn is over once the ball leaves the player's hands, at which time that player returns to the end of his team's line.

### Notes

1. Trainers should adjust their blocking intensity according to the age and capacity of the players.
2. Institute a time constraint if needed. For example, a shot must be attempted within one minute of player possession.
3. For larger groups, three to four lines may be used and additional trainers added.

