

EASY MED HARD



# Mexican wave

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Players stand in a circle, and one player (the leader) demonstrates a particular skill. Each player in turn around the circle repeats this skill. Slowly introduce more skills.



## Change it

- > The next player in the circle repeats the movement and adds a movement of their own.
- > The next player adds another movement, and so on.
- > Each player needs to remember the previous pattern.

## Safety

- > Make sure there is enough space between players to avoid contact.



## What to do

- > Nominate a player to lead.
- > The leader demonstrates one skill (e.g. kicking, blocking, passing, shooting, throwing).
- > Starting on the leader's right, each player in turn demonstrates the skill around the circle.
- > When it reaches the leader once more, they introduce another skill.
- > Next time around, the leader introduces a new skill when the person opposite them in the circle demonstrates the original skill.
- > Each time, introduce a new skill earlier.

## LESSON LINK:

*Mexican wave* is a cooperative game that requires concentration. It provides a fun way to learn new skills.