



Australian Government  
Australian Sports Commission

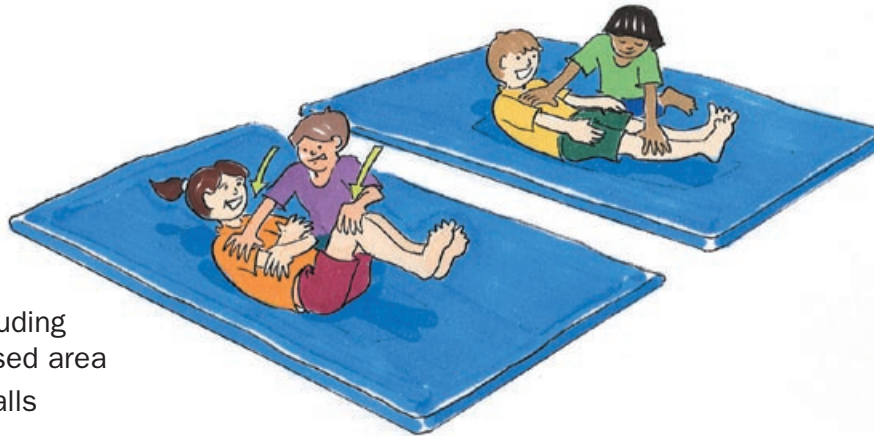
EASY MED HARD



# Spaghetti bodies

A

In pairs, players try to 'break' their partner's basic shape and test for 'loose body'.



## What you need

- > Any suitable flat surface, including mats, the floor or a soft grassed area
- > Optional: bean bags, small balls

## What to do

- > Players work in pairs.
- > One partner lies on the ground and assumes the basic shape of either a tuck position or a banana. The other partner tests for a 'loose body', trying to 'break' their partner's shape.
- > In the 'tuck position', players tuck their legs up to their stomach and their partner tries to push their legs to the ground.
- > In the 'banana position', players make the shape of a banana and their partner tries to push their legs and shoulders to the ground.

## Scoring

- > Players score by getting their partners to break their shape as many times as they can in 1 minute.

## Change It

- > Add equipment such as bean bags or balls between players' knees.

## Safety

- > Players are learning how to maintain 'core' stability. It is important that the player who is 'breaking' or pushing the player making the shape does this with care, using gentle actions only.
- > Make sure there is enough space between players.
- > Ensure players do not arch their backs.

## Ask the players

- > What muscles do you have to hold tight to make sure your partner doesn't 'break' you?

## LESSON LINK:

*Spaghetti bodies* is a short, simple activity that makes players aware of their core stability and how to hold a basic shape. This helps to develop physical abilities associated with muscle control, focusing on the lower back and abdomen. It also helps to reduce the chance of injury and forms the basis of many other activities.

SESSION PLANS

Combos > Start Out MV 02A + Start Out MV 03A + Get Into It MV 08