

Appendix C: Attention Getters

<p>All Eyes on Me</p>	<ul style="list-style-type: none"> • COACH: "All eyes on me." PLAYERS: "Hu-ahh!" • COACH: "All eyes on me." PLAYERS: "Hu-ahh!" • COACH: "All eyes on me." PLAYERS: "Hu-ahh!" • COACH: "Drum Roll." PLAYERS do a drum roll.
<p>Ball on Me</p>	<p>When the coach says, "Ball on me," players ignore the out of bounds ball and find the new ball the coach plays in.</p>
<p>Clap It Out</p>	<p>Say, "If you can hear me clap once. If you can hear me clap twice. If you can hear me clap three times." After the third clap, players know to have their attention on you.</p>
<p>Countdown</p>	<p>Say, "You have 10 seconds to put the balls in the bag and sit in a circle. See if you can do it! 10 ... nine ... eight ... "</p>
<p>Find Me</p>	<p>Say, "Find me in five, four, three, two, one." The last player to reach you must perform a challenge (e.g., star jumps, cartwheels).</p>
<p>Find Your Base</p>	<p>Designate a base for each player prior to the start of an activity (cones are effective bases). When coach says, "Find your base," players know to locate their base and wait for directions.</p>
<p>Freeze</p>	<p>When the coach says, "Freeze!" players stop moving and find the coach with their eyes.</p>

Give Me 5:

Hold up your hand and say, "Give me 5." The players put their hands in the air and shout "5!" As they count down, they get progressively quieter so "1" is said in a whisper.

Match Me

Using both hands, tap different parts of your body repeatedly (tap head, face, shoulders, knees, toes, etc.) and switch quickly between body parts, repeating out loud, "Match me, please!"

Rhythm Clapping

Designate a clapping rhythm. When you want the players to come to you, clap the rhythm. Players know to clap the rhythm back, and to come to you.

Volume Pinnie

Coach tosses a pinnie in the air, players yell as loud as possible, but go silent when the pinnie hits the ground.