

150 Hoop Games for Kids

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Hula-hoops first became popular in 1958, and today there are enough hula-hoops to circle the earth five times! In fact, in 1958 alone over 100 million hula-hoops were sold worldwide. In this video we will use hula-hoops in ways you probably have never seen before.

In fact, none of the games and drills in this video will use the hoop as it was originally intended – for a gyrating hip movement similar to its namesake, the famous hula dance in Hawaii.

As a lead-up teaching and training aid, the hoop is not only affordable, but also extremely versatile. The 150 hoop games and exercises in this video series are intended to be a creative introduction to the broad use of the single most versatile play device in the world next to the bouncing ball.

We have divided each volume of this 2-volume video series into 4 sections:

Timing and Coordination
Balance and Movement
Hoop and Ball Skills
More Challenging Drills

Within each section we'll demonstrate skill-builders for individual children as well as games for groups. Most of the activities can be adjusted to a variety of ages and skill levels simply by using a little imagination. We hope you have as much fun watching as we had in production.