



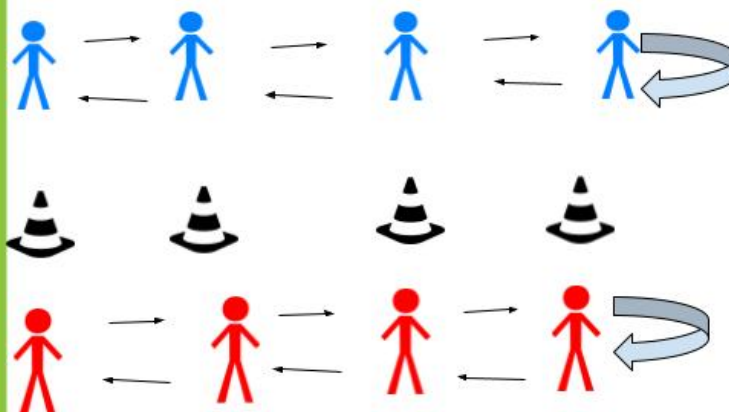
Activity: Catch and Throw Relay

Equipment

- HOMEBALL360 balls, also could use foam balls or wiffle balls.
- Cones

Set-up

- Set up cones 10-60 feet apart depending on age and skill level.
- Set up the same amount of cones as students in each group.



Activity Procedures

1. Students will be placed in groups of 3-6 players.
2. Each group will start with a ball at beginning of line.
3. On command, students at beginning will throw to the next person in line, that player will catch and throw to next person, no players in group can be skipped.
4. When ball reaches end of the line then the ball travels back to beginning.
5. The group who gets the ball back to starting person first wins a point for that round.

Progression

1. Students can play rounds of throwing strictly overhand or underhand.
2. Advanced groups can play only using one hand to catch.
3. To increase difficulty make students start from beginning if ball touches the ground.

Teaching Cues

- Overhand throw: side to target, arm back, step with opposite foot, follow through.
- Catching: use two hands, track ball with eyes, quick feet, react to ball.

Reflection Questions

1. Which technique helped you throw the ball accurately?
2. Why was this technique best for you?
3. What strategies would you recommend to your peers to be successful in Catch and Throw Relay?
4. How can you use the strategies learned today and apply them to different activities and sports.



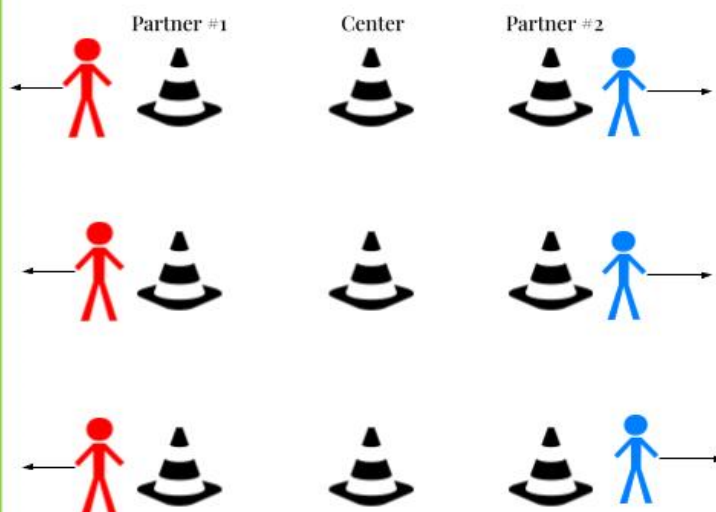
Activity: Catch Progression

Equipment

- Enough Homeball-sized balls for $\frac{1}{2}$ the class
- Have larger balls available to ensure student success.

Set-up

- Cone 3 lines off. One for partner #1 to start on, Two for the Center, and Three for partner #3 to start on
- The 1st set of cones should be 5ft from the center set and 10ft from the 3rd set (partners will start 10ft apart)



Activity Procedures

1. Have the students partner up and get one ball per group
2. Partner #1 will stand even with the 1st set of cones and Partner #2 will stand even with the 3rd set of cones
3. Students will take 2 steps back after every 10 completed catches/traps
 - a. You can do 10 in a row or 10 total
 - b. You can make students start over back at the cone or let them stay to get 10 completed catches/traps
4. Allow students 2-3 minutes practicing each phase of progression

****allow students to use a larger ball if they aren't seeing success with the Homeball-sized ball****

Progression

1. Trap to chest
2. 2-handed catch from underhand throw
3. 2-handed catch from overhand throw
4. 1-handed trap to chest with dominant/favorite hand
5. 1-handed trap to chest with non-dominant/least favorite hand
6. 1-handed catch with dominant/favorite hand
7. 1-handed catch with non-dominant/least favorite hand

****you can also progress the students from standing to moving forward, backward, left and right****

Teaching Cues

- See the ball out of the hand
- Reach arms towards the ball
- Soft hands on impact

Reflection Questions

1. What things can you control to give yourself the best chance to catch or trap each pass throw your way?
2. Why do you think where your feet are is important to making completed catches/traps?



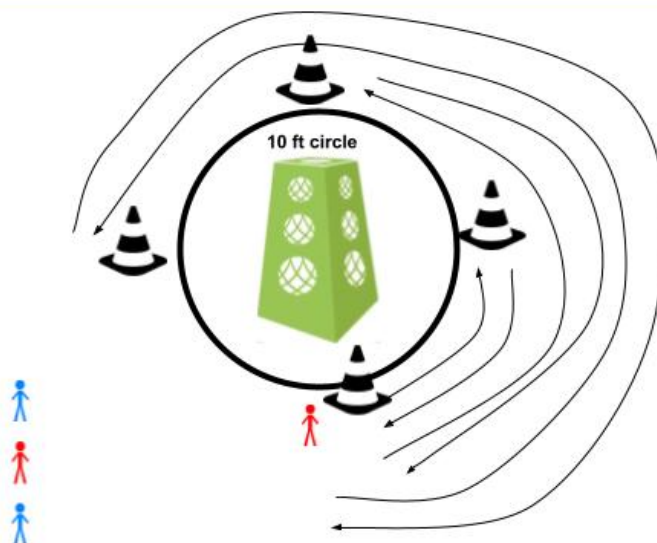
Activity: Four Sides Challenge Drill

Equipment

- Homeball Structure(s)
- Homeballs or similar (7 per structure)
- Cones, 4 per structure

Set-up

- Setup a homeball structure along with the 10ft circle
- Place a cone on the circle across from each of the sides of the structure



Activity Procedures

1. Place a group of students (4-10) at each homeball structure and cone set
2. ONE student goes through the drill at a time
3. Students start by tossing a ball at the structure from cone 1, then SPRINT to cone 2 and toss a ball, SPRINT back to cone 1 and toss a ball, SPRINT to cone 3 and toss a ball, SPRINT back to cone 1 and toss a ball, SPRINT to cone 4 and toss a ball and SPRINT back to cone 1 for the last toss
4. Max score would be 35
5. Students should complete with different directives
 - a. AS FAST AS POSSIBLE
 - b. Going for AS MANY POINTS AS POSSIBLE
 - c. As many POINTS AS POSSIBLE in 60 seconds, 30 seconds, etc
 - d. Dominant hand only
 - e. Non-dominant hand only
 - f. Underhand only
 - g. Overhand only

Teaching Cues

- Set feet BEFORE tossing, if time allows
- Dart Style: Dominant foot forward, elbow to target, follow through in line with target
- Baseball Style: Non dominant foot to target, dominant elbow back, follow through across your body

Reflection Questions

1. Which situations would you use a Dart Toss? Baseball Toss? Explain.
2. What other variables will you be dealing with during a game situation?
3. How were you able to find the most success?



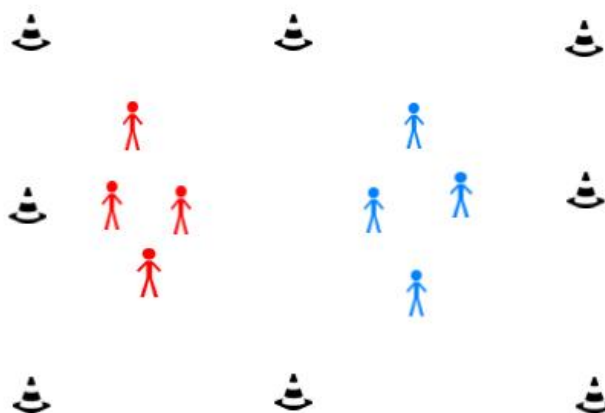
Activity: Four to Score

Equipment

- Cones to make boundary.
- Jerseys/pinnies
- Homeball, or any soft ball that can be thrown and caught with hands.

Set-up

- Create boundary with cones so players have enough room to move freely.



Activity Procedures

1. Players are split into 2 teams. Game is best played 3v3, 4v4, 5v5 or 6v6.
2. The object of game is for a team to complete 4 consecutive passes to without the ball hitting the ground or getting intercepted.
3. Defense is trying to stop passes from being completed. No contact is allowed.
4. The player with ball can run freely but must pass the ball within 5 seconds.
5. Handoffs do not count as passes.

Progression

1. Players can not pass the ball back to the player who passed to them.
2. Players have to make more than 4 passes to score.
3. Players can not run with the ball.
4. Defense gets a point for an interception.

Teaching Cues

- Emphasize having head on swivel when moving around the playing area.
- Eye contact with the person you are throwing to.
- Spatial awareness of all players.

Reflection Questions

1. How can you move safely in the space to avoid contact?
2. How was everyone included in this activity?
3. What strategy did your team use to be successful on offense and defense?



Activity: Around the World

Equipment

- HOMEBALL360 Structure
- One HOMEBALL360 ball per player.
- 4 cones.

Set-up

- Set up HOMEBALL 360 structure.
- Divide students into groups of 2-8.
- Set cones 10ft away from each side of structure.



Activity Procedures

1. Students will be placed in groups of 2-8 players.
2. First student goes to cone 1 and shoots at the 1 point target. If they make shot they go to cone 2 and shoot at the 1 point target. After they make the 1 point shot at all four cones they move to the 2 point shot at cone 1 and keep progressing. After the player makes the 3 point shot on cone 4 they attempt the 5 point shot at cone 1 to win the game.
3. If the player misses they have 2 options.
4. Option 1 is stay at that location until everybody else takes a turn and try the shot again.
5. Option 2 would to take a chance and shoot the shot again, if the player misses the chance shot they have to start at beginning, 1 point shot at cone 1.

Progression

1. Students have to shoot a specific way the entire game (overhand or underhand).
2. Cones can be placed farther away to make the game more difficult (15ft, 20ft, 25ft)

Teaching Cues

- Overhand throw: side to target, arm back, step with opposite foot, follow through.
- Underhand throw: face the target, step, bowling motion, follow through.

Reflection Questions

1. Which technique helped you throw the ball accurately?
2. Why was this technique best for you?
3. How can you use the strategies learned today and apply them to different activities and sports?
4. What strategy did you use to be successful (to play safe or be a risk taker)?



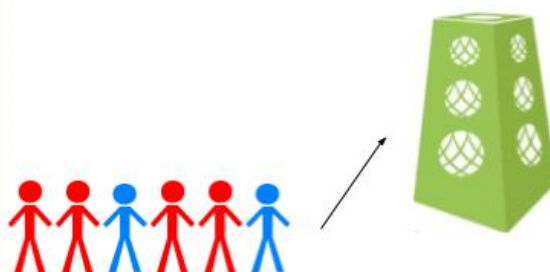
Activity: Homeball360 H-O-R-S-E

Equipment

- HOMEBALL360 Structure
- One HOMEBALL360 ball, ideally one per person. Other balls that are a similar size will also work.

Set-up

- Set up HOMEBALL 360 structure
- Divide students into groups of 2-8 per structure



Activity Procedures

1. Students will be placed in groups of 2-8 players.
2. Students decide order by age, youngest goes first.
3. First student chooses a spot on the ground and tosses the ball at the structure.
4. After a make.... The next player tosses from the same spot. If they miss, they get the letter H. If they make it, the next person in line tosses from the spot, until someone misses.
5. If everyone in line makes, the first person goes again
6. After each miss a player receives an additional letter (H-O-R-S-E)
7. After spelling HORSE, the player is eliminated

Progression

1. Students choose ONLY the spot on the ground, any score counts as a make
2. Students choose ONLY the spot on the ground, 2nd player must Match that make
3. Students choose the spot, but CALL in advance, 2nd player must match the spot and the call
4. Students choose the spot, call in advance AND dictate the style of toss (overhand, underhand, hook shot, etc)
5. Students choose the spot, call in advance, dictate the style AND dictate dominant or non-dominant hand

Teaching Cues

- Overhand throw: side to target, arm back, step with opposite foot, follow through.
- Underhand throw: face the target, step, bowling motion, follow through.

Reflection Questions

1. Which technique helped you throw the ball accurately?
2. Why was this technique best for you?
3. How can you use the strategies learned today and apply them to different activities and sports?
4. What strategy did you use to be successful?



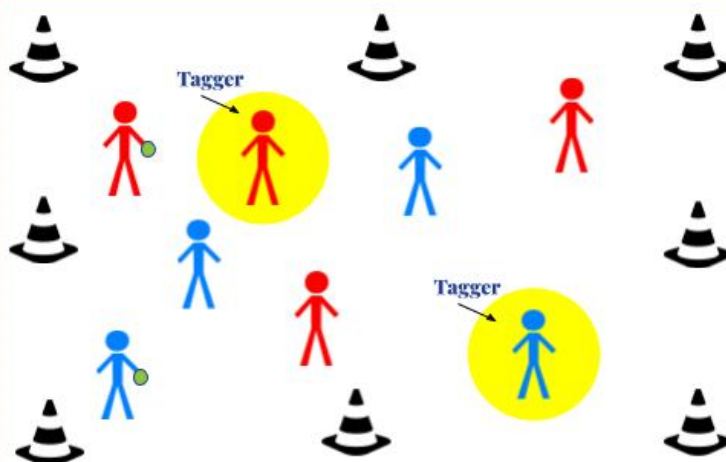
Activity: Homeball360 Tag

Equipment

- Two or three HOMEBALLS, or similar sized balls
- Two or three jerseys/pennies

Set-up

- Define a boundary using cones. Make enough room for everyone to run around freely.



Activity Procedures

1. Choose 2 players to be the taggers
2. Choose 2 players to start with the ball
3. Taggers can tag any players, except those holding the ball.
4. Once a player is tagged, they are frozen.
5. Players with the ball throw to frozen players to unfreeze.
6. If a frozen player makes a catch, they are unfrozen and now has the ball.
7. Change taggers every few minutes.

Progression

1. Player CANNOT move with the ball.
2. Player CAN be tagged with the ball, ball stays alive, any unfrozen player can pick it up.
3. Only use 1 ball in game.

Teaching Cues

- Emphasize safe throws
- Make eye contact with the person you are throwing to.
- Have spacial awareness of all participants.

Reflection Questions

1. How can you move safely in the space to avoid contact?
2. How was everyone included in this activity?
3. What strategy did you use to be successful at each position?



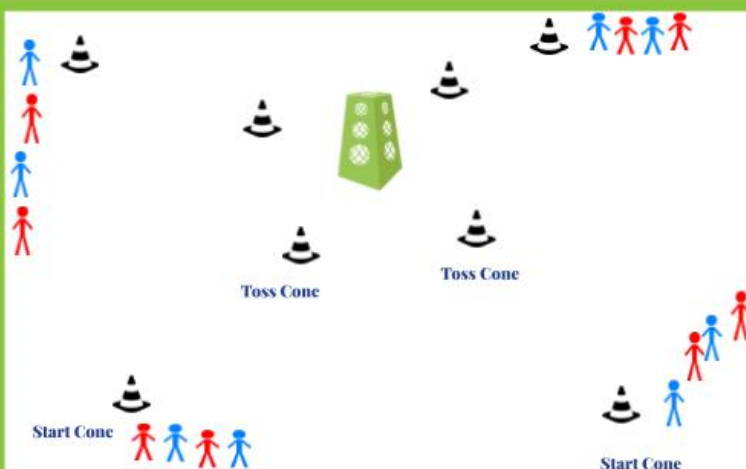
Activity: Run and Shoot Relay

Equipment

- HOMEBALL360 structure
- 8 Cones
- One Homeball per group.

Set-up

- Set up HOMEBALL360 structure.
- Set up toss cone and start cone for each group.



Activity Procedures

1. Split up teams evenly.
2. Place toss cone 10ft away from target, place start cone 30-60ft away from toss cone.
3. Team lines up start cone and decide the order of relay race.
4. On command, the first person from each team runs to toss cone and keeps throwing at target until player makes a shot.
5. Player then runs back to start cone and hands ball to next player in line.
6. The first team to have all players make a shot wins the round.

Progression

1. Place the toss cone and start cone farther away to make more difficult and increase running.
2. Make players throw ball at specific point targets each round.
3. Make teams shoot s specific style (underhand or overhand).
4. Have teams add their scores per round.

Teaching Cues

- Emphasize teamwork, motivation and perseverance.
- Overhand and underhand throw mechanics.

Reflection Questions

1. How can teammates help motivate each other?
2. How was everyone included in this activity?
3. What strategy did your team implement to be successful.
4. How can you use the strategies learned today and apply them to different activities and sports.
5. Which technique helped you throw the ball accurately?



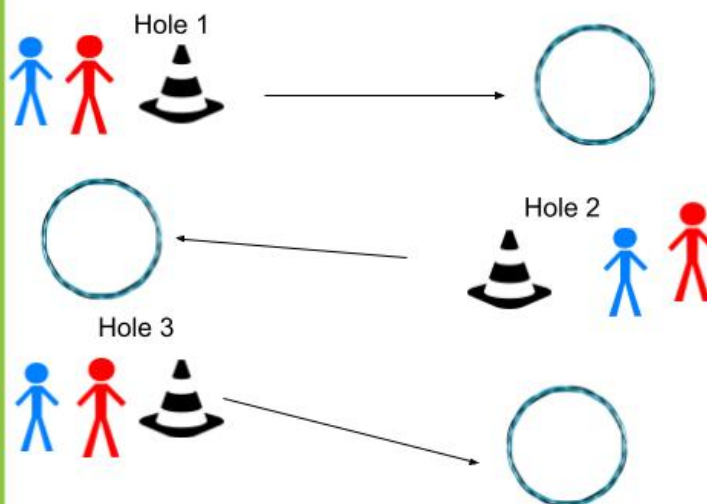
Activity: TOSS GOLF

Equipment

- Enough Homeball-sized balls for entire class (Wiffle balls, foam balls and tennis balls would all be acceptable).

Set-up

- Set up buckets or hula-hoops on the field or in the gym.
- For each target there should be a designated tee off spot (use cone).
- Determine a par for each hole depending on length of hole (2,3,4, or 5).



Activity Procedures

1. Place students in groups of 2, 3, or 4.
2. Each group will start on a different hole.
3. Students will throw the ball from the tee off location and try to get as close to the target (bucket or hoop) in the least amount of throws. Students will keep throwing until they get the ball in the target.
4. Then the next player will throw until they reach the target. After all players in group finish the hole then they will move to the next hole.
5. Players will move from hole to hole and should be able to play the entire course.

Progression

1. Students can play a round of holes underhand.
2. Students can play a round of holes overhand.
3. Students can throw whichever way they think will be most successful.

Teaching Cues

- Overhand throw: side to target, arm back, step with opposite foot, follow through.
- Underhand throw: face the target, step, bowling motion, follow through.

Reflection Questions

1. What technique worked best for you (underhand or overhand)?
2. Why was this technique best for you.
3. What strategies would you recommend to your peers to be successful in Toss Golf?
4. How can you use the strategies learned today and apply them to different activities and sports.