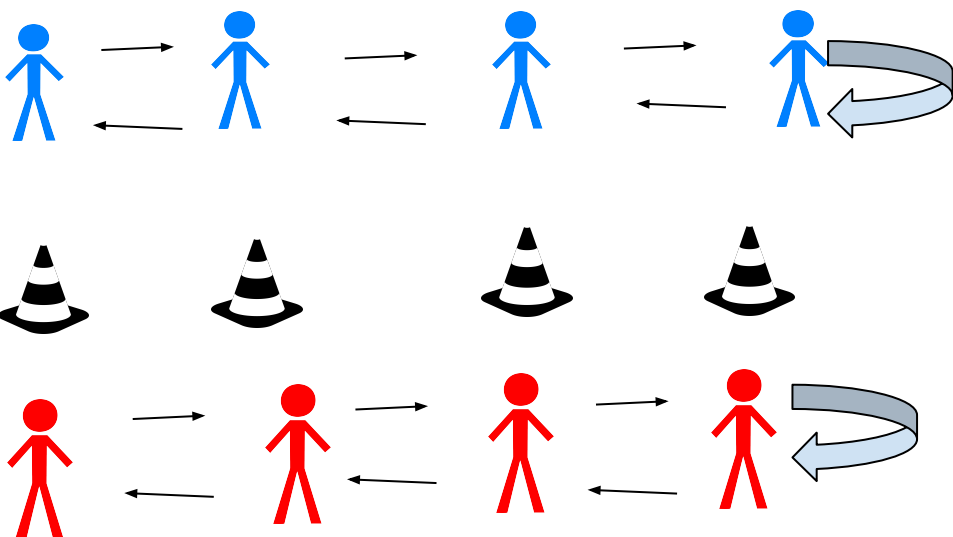


Equipment

- HOME BALL 360 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.