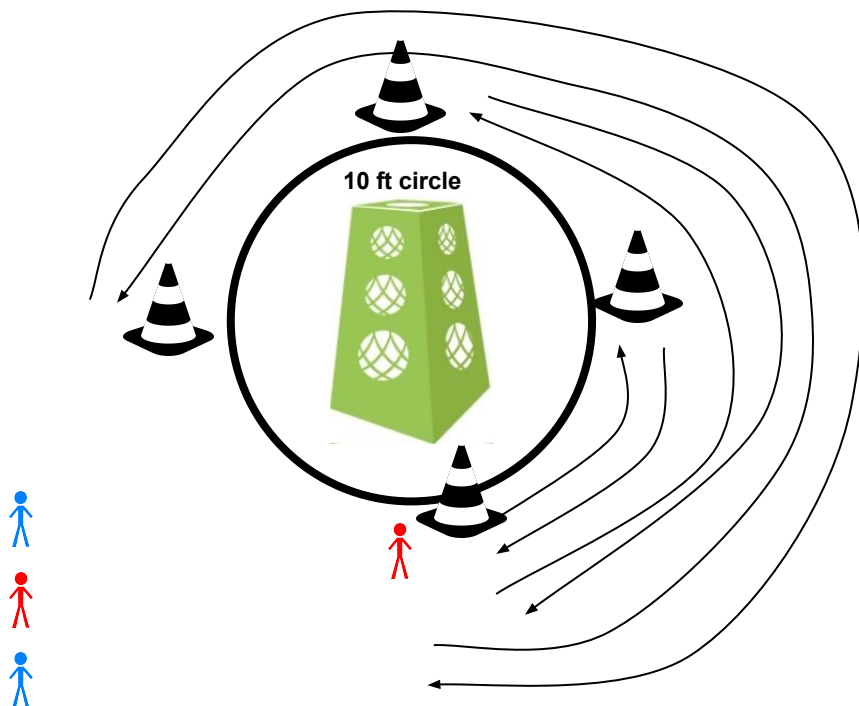


## Equipment

- 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?