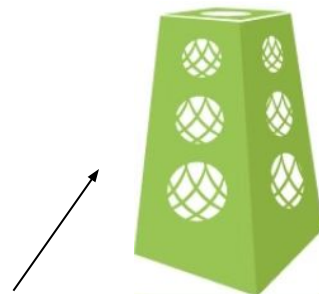
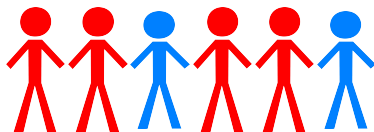


Equipment

- 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?