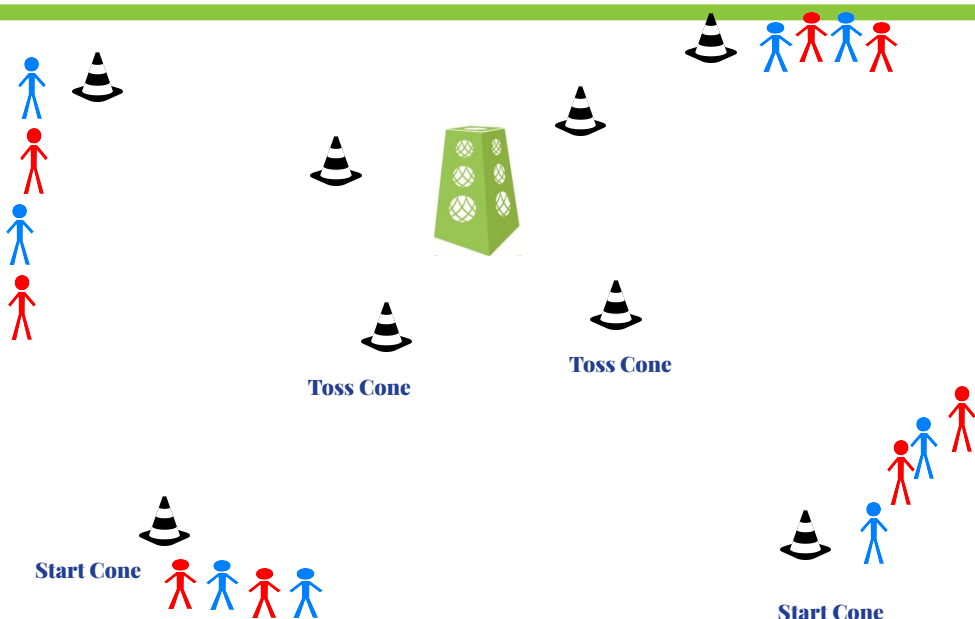


## Equipment

- 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?