



● You'll need: foam balls, pinnies, cones

● You can play: outside, in the gym, on the blacktop

Energizer



Throwy McCatchGame

Can also be done with two people only. The goal is to receive a ball then throw it to the next person in the triangle (or back to your partner if you're a group of two) all while keeping the second ball "in your position". That means you must throw your ball up, catch and throw the other ball, then catch your original ball again. Best explained through demonstration. Can be challenging, but is more of a "practice practicing" exercise.

Skill Practice



Battle Ball

Divide students into 2 teams on separate sides of the gym. Establish a line further back from the center line that teams must stay behind. Place another line between each team's line to create a goal line. The goal of the game is to throw smaller balls at the larger beach ball so that it lands past the opposing team's goal line. 1 point is awarded when a team lands the beach ball past the line. Can keep track of points and play multiple rounds



Increase the challenge by creating a larger goal zone or adding multiple beach balls



Smaller goal zone and larger team areas to throw from

Group Activity



Endball

Similar to handball but replacing the goals are coned end zones. Kids make two equal teams with each standing on their own goal line. To score, the offensive team must catch the ball behind the opponents goal line. Players can walk or run with the ball however, they must pass to at least one teammate before they are allowed to score. Interceptions are allowed. When defending, must be an arms length away from your opponent. If the ball is intercepted or dropped, the ball is given to the other team (turnover).



Challenge participants to catch and throwing using one hand only, or with their opposite hand only. Add the rule that every member of the team must touch the ball



Allow for one bounce before the ball is caught. Adjust the ball being used to something more catchable if participants are having trouble.