

## **1,000 Throws/Catches in 30 mins. – JMU HPAI/HPEI Asheville**

**Egg Drop-** With a partner...every time you catch the ball you take one step back away from your partner. If you drop it, no step back (or step forward). How far apart can the partners get?

**Speed Flow** – This is an activity that has been used as an Ultimate Frisbee warm-up for years! Partners face each other at a distance that makes the throws fast, but far enough apart that there is a skill challenge involved. The action/time should force the participants to be fast, but accurate with their throws, and precise with their catches. Any time frame from 15 seconds to a minute can be used. Partners should count their throws (or their catches) in the time provided. Once the “baseline” has been set, the partners try to beat their original score in round 2 (obviously using the same amount of time). In the example activities listed below, try these... round 1 (first try/baseline score), round 2 (beat the previous score), now try round 3 with the opposite (non-dominant) hand or foot being used. We have now added a crossing mid-line move! Round 4...If the action is a throwing/catching activity, try the movement while standing on one foot (balance style).

**Frisbee** – 1. Throw with a Clap Catch, 2. Throw/Claw Catch, 3. Catch R, Throw L...Catch L, Throw R, 4. Catch...Around the Back, then Throw (Return), 5. Throw Variations (Backhand, Forehand, Thumber, Discus, Hammer, etc.), 6. Any Variation while Standing on One Foot.

**Basketball** – 1. Chest Pass/Catch, 2. Bounce Pass/Catch, 3. Catch...Around the Back, then Return Pass, 4. Catch...Power Dribble, Return Pass, 5. Catch...Weave Through the Legs, Return Pass, 6. Any Variation while Standing on One Foot.

**Soccer** – 1. One Touch Passing, 2. Pass/Trap, 3. Trap w/R Foot, Return w/L Foot. Reverse the action on the next pass, 4. Trap...4 Ball Taps, then Return Pass, 5. Pass, Spin 360 Degrees, Trap, Return Pass, 360 spin again (Spin BOTH Ways).

**Lacrosse** – 1. Quick/Short Pass Catch, 2. Catch, Drop the Ball, Scoop...Return Pass, 3. Catch R, Throw L...Catch L, Throw R, 4. Catch, Quick Cradle 4X, Return Pass, 5. Catch, Throw to Self (straight up in the air), Catch, Return Throw, 6. Throw...360 Degree Spin, Catch (Spin BOTH Ways).

**Other Sports** – Volleyball, Tennis/Pickleball, Field Hockey, Softball/Baseball (Glove Sports), Football/Rugby, etc.

**Catch 100 (or 127, or 201...)** – The set-up is a long line of hula hoops or buckets, each with a different unusual throwing object. One partner stays at the hoop/bucket line, and the other partner lines up about 5 to 15 feet away. The object of the game is to complete 100 or more passes, cooperatively with the partner. Every 10 to 15 seconds, on the signal, the partners must move down one bucket/hoop and continue with the new throwing object (examples, beanbags, rings, Gatorskin balls, schmeltzers, rubber chickens, yarn balls, foam dice, foam footballs, dog toys, socks...anything weird and unusual).

**3 Pass (a Jim Ross creation)** – Using anything that can be thrown/caught...about a ball for every 3 people (start with them on the ground). On go, anyone picks up a ball and finds someone who is looking at them, with hands up and ready to catch. The ball gets passed back and forth 3 times, with the ball now ending up in the other person's hands. This now continues as quickly as possible. Can everyone in the class throw/catch with 6 different people in one minute? Then add two (or more) defenders who try to keep the group from completing the task in the minute time limit.

**“Streaking” Throw/Catch** – How long can two people (partners) throw and catch a tennis ball (or any “choice” ball/object) without a drop? Credit to Joey, Ross, and Monica from the TV show Friends.

**Coin/Paper Plate Bounce** - Two students stand behind their line with the bounce zone between them. A coin or poker chip is placed in the middle of the zone. The object of the game is to use a basketball style bounce pass to hit the coin and move it across the partner's line.

**Perfect Pass/Math Pass/Score!** – The set-up...Scatter as many numbered items as possible around the playing area and give a throwable to each set of two players (one item needed for 2 people/partners). Ideas for the numbered spots... numbered paper plates, numbered cones, numbered poly spots, playing cards, fake money (paper and coins). Ideas for the throwables...beanbags, beanie babies, Frisbees (flying discs), crumpled up paper “balls”, soft footballs, gator skin balls. The action – Player number one runs from their starting line to a numbered spot and places their foot on it (or near it). Their partner will try to throw them a

perfect pass. If the object is caught, then the catcher collects that spot and runs out to be the new thrower (while their partner runs in to a new numbered spot). If the object is dropped, or the catch pulls them away from the spot, the spot remains on the field and the partners change positions. At the end of the game each pair adds all their numbers together to arrive at their score. This is a great game to teach younger students about money if you use coins/paper.

**Bionic Ball Toss (from Project Adventure)** – One partner sits on a line with feet facing their receiver/partner. The seated person throws the ball over their head (soccer throw-in style), with both hands, to the fielder/receiver. The fielder rolls the ball back and takes a step back. How far can the thrower move his/her partner back?

Can the seated partner throw it over their head, backwards?

Can the thrower sit sideways to the fielder and throw it with two hands (try it on both sides)? This one is like an oblique/Russian twist.

**Three Person Relay/Skill Builders** – The general set-up is three students to a group; four if there is an odd number, but NEVER over four people in any line. The groups will almost always start with 2 people in a “line” with the 3<sup>rd</sup> person in front of them at a distance that allows for the activity/skill to be performed at a high/fast rate of movement (no down time). The action begins with the front person in the two group. They will have whatever equipment is being moved, rolled, thrown, bounced, etc. the easiest way to explain this to the students is by numbering...person number one is at the front of the “line”. Number two is in the “field”, and number three is waiting behind number one. The action goes...1, 2, 3.

**Throw/Catch** – Using any object (football, tennis ball, bean bag, Frisbee, sock ball), simply throw and follow your throw to take the place of the catcher. Add a moving target...the catcher/receiver moves in any direction to catch the ball on the move.

Variation – Use Soccer pass/trap, Lacrosse throw/catch, Field Hockey pass/stop.

**Kerplunk** – Place a target (hula hoop, rope circle, poly spot, cup/bucket) on the ground in front of person number 2 (the fielder). Student number 1 will run out half way and try to throw/toss the object into the target area. The fielder runs it back.

**Hoop Catch** - Person number 1 sets up on the far side of the playing area with a hula hoop.

Person 2 throws the ball (high is the best) to the fielder (#1), who must “catch” it with the hoop (the ball must go through the hoop in the air). The fielder runs the ball back and person #2 takes over at the hoop.

Variation - The ball must pass through the held hoop, then bounce and be caught by the hoop holder

Variation 2 – Use a bucket instead of the hoop and actually catch the ball/bean bag.

This also works well with rolling skills (through the hoop on the ground), or kicking, or bouncing.

**1, 2, 3 Throw/Run** – Partners set up on the end lines of the basketball court (or longer/farther apart) with the third person in the middle. The ball starts at one end...gets thrown to the middle

and then to the end. Everyone moves up one spot and the last person to catch the ball runs back to the start line...therefore...1 throws, 2 catches/throws, and 3 catches/runs it back while the other two move up.

**Cornhole** – Place a hoop on the ground about 6 feet away from the starting line. There will be a fielder behind the hoop and the other 2 are at the start line. Player 1 throws the beanbag and tries to land it in the hoop. If the throw lands (and stays) in the hoop, the thrower (#1) runs out and flips the hoop one time (away from the start line). The fielder (#2) grabs the beanbag and runs it back to the next thrower (#3). How far can they move the hoop from the starting line?

**Hoop/Ball Switcheroo** – One partner has a hula hoop, the other with any throwable (ball, beanbag, rubber chicken, etc.). The two partners throw the two objects back and forth at the same time. The ball must pass through the hoop while they are both in the air. The hoop thrower must catch the ball/beanbag. The ball/beanbag thrower must catch the hoop.

Can the players take a step back with each successful attempt (like egg drop)?

**Flight of the Ducks** – Numbered yellow ducks are placed in the middle of a large circle. Sets of 2 (or 3) players with one non-yellow duck, line-up outside the playing area in a single file line facing the middle. When the game begins, the first person runs to any duck in the middle and straddles it. The second player throws their “odd duck” (not yellow) to the player in the circle. If the duck is caught, the yellow numbered duck is brought back to their line. The thrower then runs out to a duck and the throw/catch/return is repeated until there are no more ducks to collect. Teams add up the number of points from their ducks, report their score, roll the ducks back out towards the middle, and round 2 begins immediately.

**Multi Ultimate**- This is a two-team game played with any number of players on each side determined by field/court space available. Each end of the field needs a goal zone the width of the field, and about 5 yards deep. The object of the game is to score into the opponent’s goal zone by catching a pass with both feet in the goal area. Many throwable/catchable balls of any variety are used and are only advanced in the game by throwing and catching (no moving while possessing the ball). This is the game of Ultimate Frisbee played with multi balls! The easy rules are these:

- a. No touching an opponent...call your own fouls...no contact of any kind.
- b. No running/moving with the ball.
- c. Any pass that is **not** completed between teammates is a turnover and possession goes to the opponent.

- d. When a goal is scored, the player who caught the ball puts it down in the goal, runs to midcourt to slap the teacher's hand (registering the goal). The ball is then the possession of the defending team.
- e. When a player is in possession of the ball, they may only be guarded by one opponent.
- f. Players may move anywhere on the field (including the goal zone area).

Variations-

1. Rugby style- For every forward pass completed, a backwards pass must be made.
2. Football style- Players may run with the ball in this version but must give the ball up if tagged by an opponent. One point is scored for a run in, and two points for a throw/catch goal.
3. Hamper style- Use foldable hampers in each goal zone and the ball must be shot in. This can also be basketball style, using the baskets at either end of the court.