

SHAPE Montana Conference 2017

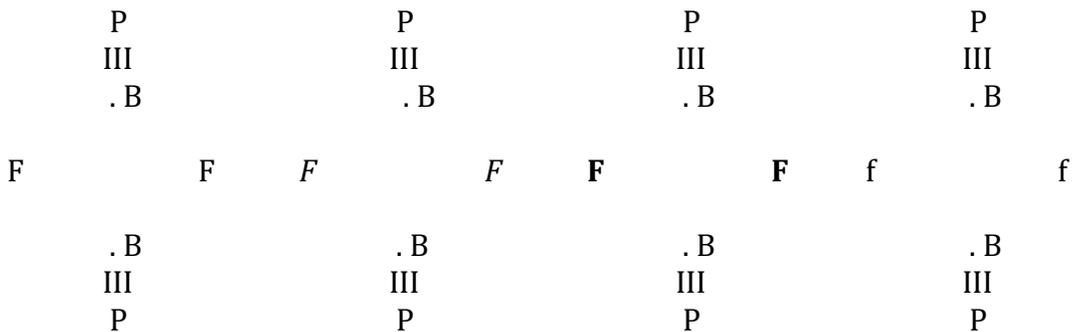
Games for Throwing & Catching

Debra Sension-Hall – NWD TOY 2016

Crazy Cricket

- Players work in pairs. Three positions per court = pitchers, batters, fielders
- One out per team. Rotate pitchers -> Batters ->Fielders – Pitchers
- The bat keeps you safe while running. Take it with you. Put it on the spot before the fielders & pitchers field the ball and knock the bail off of the wicket.
- If a batter hits the ball or if the pitched ball hits the bat the batters must run and attempt to complete one position switch. A position switch is 1 run. After 6 runs the batters must retire for that inning. They can add to their points the next time up at bat.
- Once a batter starts to run they must continue. They cannot go back. Batters can steal at any time.
- Outs = catch a batted ball on the fly, knock the bail off of the wickets with a pitched ball (EVEN if the bat is still on the base!), knock the bail off of the wickets while the batters are running before both of them have placed their bat on the spot. Catch a batter standing around with their bat off of the base and knock the bail off of the wicket.
- Other Outs = and interference by the batter with the fielders playing the ball (hitting it again, bumping into a fielder who is actively playing the ball). If the batter knocks the bail off of the wickets during his swing – he is out.

Note: When using colored balls and poly spots, there can be multiple courts in a playing area (outside or gym). Players play their color of ball wherever it goes. No foul balls or out of play. After 5-6 minutes of play have winning teams move up toward a champions court.



Quad Ball

The game is called "Quad – ball because of the 4 sports it includes.

Soccer Basketball Football Team Hand Ball

Use a 8.5" high density foam ball.

Prior to play – practice the following "transfers". A ball may not be touched with the hands /arms after it has last touched the floor. It must be "transferred" by contacting another body part or the wall or basket.

Transfers = Flick Roll up the Toe Hackey Maneuver Pull back & Flip
 2-foot hop Kick off the wall & catch Roll up the wall
 Roll up/on the leg or foot * others kids may create??

Practice #2 – Have students stand at $\frac{1}{4}$ court and throw a touchdown pass to their partner behind the end line. Repeat from $\frac{1}{2}$ court and $\frac{3}{4}$ court.

Practice #3 – If desired have players practice throwing at pins, kicking at pins and shooting a basket with the ball.

Field Set Up:

3-4 bowling pins set up behind each team's basket. One foam ball placed on the centerline. Opponents 5 steps back.

Ways to score:

Knock over a pin = 1 point

Make a basket close=1 point 4 steps away = 2points behind arc – 3 points

Touchdowns Thrown from $\frac{1}{4}$ court = 1 point, Thrown from $\frac{1}{2}$ court = 2 point

Thrown from $\frac{3}{4}$ court = 3 points

- Optional = The first team to score all three ways (trifecta = 5 points)
- Sometimes if teams are not utilizing their basket or touchdowns I will "close" their pins until they complete a score using the basket or TD

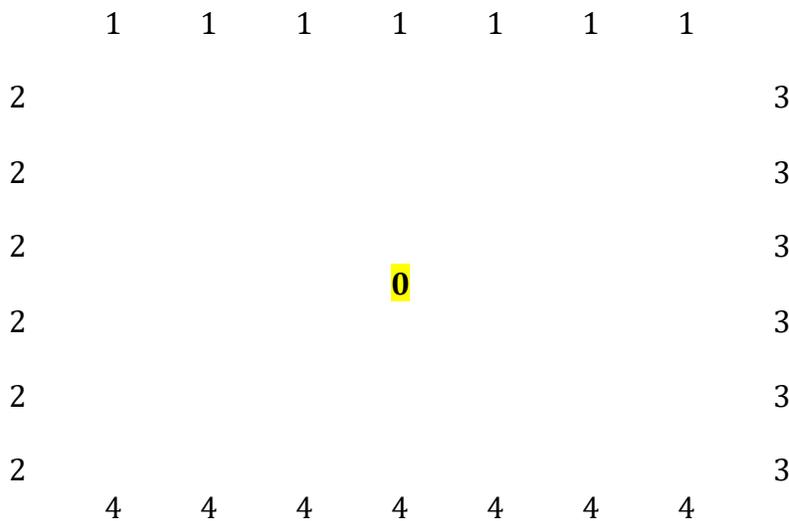
Rules of Play:

- The game starts with a kickoff. On all kicks the opponents must be 5 steps away until the ball is touched. If a player is closer than 5 steps to a pin the defense may guard the pin. Upon kick off, the game proceeds as soccer until someone is able to make a transfer and use their hands. While in the soccer mode the only means of scoring is to knock over a pin. Once a pin is down it remains down and out of play.
- Once a player has the ball in their hands they may take 3 steps and hold it for 3 seconds before they must pass or shoot. **Important*** Players may "travel" 3 steps with the ball enabling them to get closer to a pin and even hit it with the ball still in their hand.
- Once a player has the ball the defense cannot take it from them.

- All violations result in a free kick for the other team. (too many steps, holding the ball 4 seconds, touching the ball after it has hit the ground, taking the ball from an opponent's hands.) After a score is made a free kick is awarded the other team at the spot of the score.
- You cannot kick a free kick to yourself! (No roll-ups at this time. However you may flick it to a teammate.)
- Only one score at a time. You cannot catch a TD and knock over a pin. If 2 pins are hit and knocked down, one must be set up.

Target Ball

Four teams are set up on a line equidistant from an exercise ball in the center.



Each team has several foam balls. On the signal all team players throw their foam balls at the "Target Ball" in an attempt to get it to cross the line of an opponent. If the ball crosses a line, is touched by a player or touches a ball that is still held by a player that team is awarded one point. Like golf – it is the LOW score that is the best.

Players must keep one foot behind their line when throwing. Players may go out into the field of play to retrieve balls and bring them or throw them back to their team. However – if the target ball hits or touches them while they are out there, their team is given a point.

After the target ball crosses a line, balls are retrieved and dispersed evenly to teams, the target ball is replaced and the game starts over. I often have teams rotate lines to make sure throwing distances are fair. When a team rotates they keep their score.

* Ball modifications: Use different sized balls or place two target balls in the center.
 Exercise ball 10" PGB Large Walmart play ball, spikeball golf whiffle

Duck Shoot

Three teams are made. Two are on opposing sidelines and one team is behind an end line. Teams 1 & 2 are given foam balls to throw. Team 3 players each have a scooter with a rope attached and a pin sitting on the scooter. The pins are the “ducks”. The team pulling the dicks must attempt to get to the far end line with their “duck” still upright (alive). If a players pin is knocked down they become a defender of the other traveling ducks. Hunters may ONLY fire at the ducks! If a hunter intentionally throws at a puller they may have their “license” revoked until they do an exercise to have it re-issued (jog a lap, do a 20 second plank, etc.).

A field marshal inspects the shooting line to be sure that the hunters do not cross the line while throwing. If “trespassing” the field marshal (teacher or other student) may decide that a dead duck has been “revived” and may now join in the attempted crossing.

After all the ducks from a team have either safely crossed the end line or been deposited, the teams rotate.

D D DD
D D DD

1	2
1	2
1	2
1	2
1	2
1	2

Field Marshal

Assessment Ideas:

During play observe students throwing form – opposite hand and foot, sequential use of shoulder, arm wrist.

Check for throwing accuracy toward a spot (bounce pitch in cricket, targeting the target ball, throwing towards wickets)

Quadball – students need to make 2 different types of conversions during play & attempt 2 different ways to score (throw or attempted catch of a TD, throw toward a cone, shoot at basket).

Short quiz of game rules.