

★ ACTIVITY / SKILL RACES

FOCUS:

THROWING

DURATION: 12 MINUTES MAX.

EQUIPMENT:

BALLS, ROPES, CONES, STUMP BASES, STUMPS ETC.



DESCRIPTION:

- ▶ It's a skill race. Participants compete.

- ▶ 1 ball per participant. Participants start in the middle.

- ▶ Participants run choose their own path but must be successful before moving onto another challenge.

- ▶ Participants can roll, throw or bowl at the targets/challenges.

- ▶ When participants have completed all the challenges they go to the middle (inside the rope) and take part in ball handling or catching.

- ▶ The first 3 participants to the middle after completing the challenges are the winners.

- ▶ After a round, the participants recreate new targets and another race then begins.

MAKE IT EASIER:



- ▶ Participants walk in between challenges.

- ▶ Everyone is part of one team and tries to beat a set time.

MAKE IT HARDER:



- ▶ Increase the distance from the cones to the target.

- ▶ Each challenge has a required skill that needs to be used e.g. bowl through the square.

