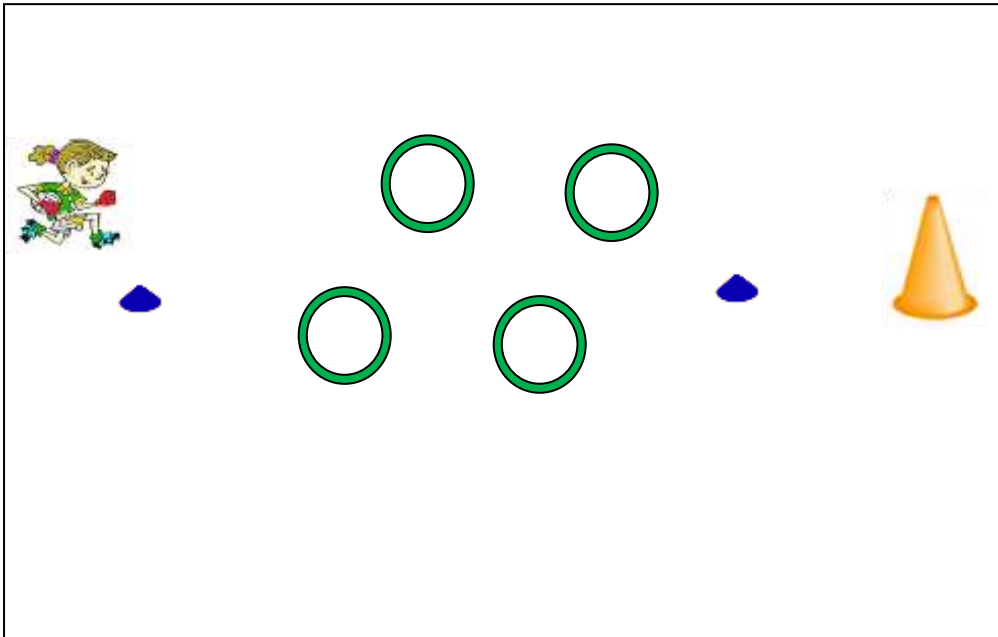


STATION 1: Co-ordination Activity: Hoop Ball Bounce



FOCUS:

- In this activity we are developing the ability to bounce the ball in the hoops and trying to hit a target.

RULES – HOW TO PLAY

- Player must try to bounce the ball inside each hula-hoop.
- When comfortable walking advance to jogging, running, jumping or hopping on left foot and right foot
- Once player bounces in all hoops then they can either roll, throw or kick the ball to try and hit the cone
- Replace cone and return to start and give ball to next player
- Score for each successful bounce and catch in hoop, and a bonus point for hitting cone



HARDER

- Try to bounce the ball with left hand for the hoops on the left side and vice versa
- Add ladder for the player to run through/ suitable (safe) bench to walk along for balance

▪

EASIER

- Player can be allowed to touch the ball inside hoop, allow player to bounce with 2 hands/ allow player to walk

▪

COACHING POINTS

HEAD..... up watch where you are going aiming to get to the hoop, when bouncing always keep your eye on the ball until it has come back into your hands

HANDS..... Make hands as big as possible to catch the ball (make thumbs and forefingers into shape of W) and hold tight when moving from hoop to hoop.

FEET..... Stay in ready position (up on the toes) and try to encourage child to move as quickly as possible

EQUIPMENT:

- 4Hula hoops
- 1Ball
- Bench (If Available)
- Ladder if needed
- 1or 2 Cones/
small goal net