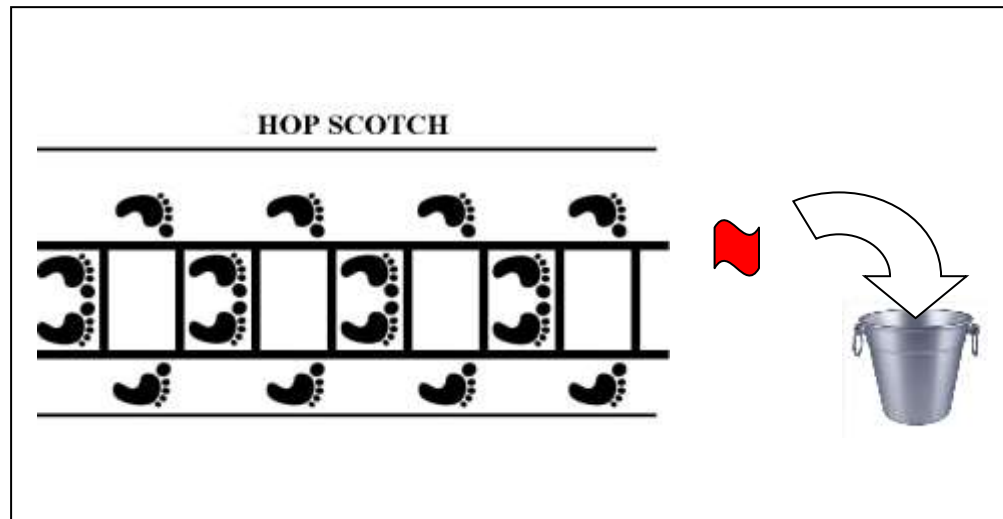


### STATION 3: Co-Ordination Activity: Hopscotch & Score



#### FOCUS

- We are focusing on developing 'fast feet' and attempting to encourage players to move on the balls of their feet.

#### RULES – HOW TO PLAY

- Players 'hop-scotch' through the ladder, holding a ball.
- 2 feet in, 2 feet out
- At the end of the ladder, have a throw to the bucket/hoop.
- One point for going through the ladder correctly.
- An extra point for getting the ball into bucket.



## **HARDER**

- Move with 1 foot in, 2 feet out
- Use alternate feet on each step

## **EASIER**

- Allow children to just hop from run to run, until comfortable.
- Remove the ball

## **COACHING POINTS**

### **HEAD**

- Encourage looking ahead instead of looking at feet

### **HANDS**

- Arms out to the side for balance

### **FEET**

- Hop on balls (front part) of your feet

## **EQUIPMENT:**

- 1x Indoor Ladder
- 1 x Ball/Bean Bag (various types will do)
- 1 x Bucket/ Basket/ Hoop/Similar target
- 1 x marker (for standing behind whilst throwing)