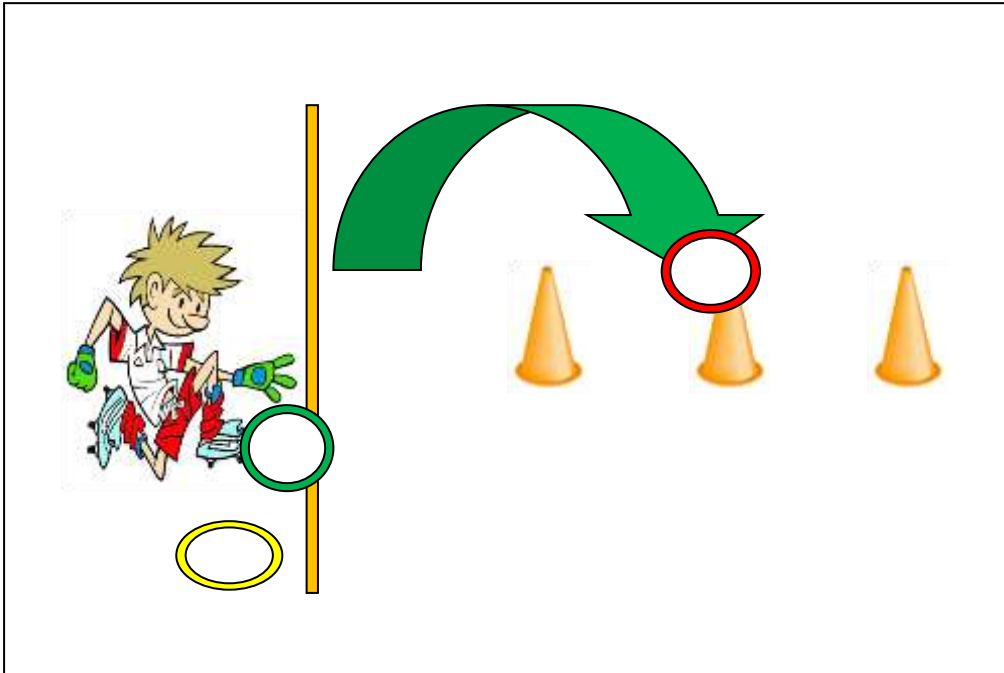


### STATION 3: HANDLING (Throwing) Activity: Flying Hoops



### RULES – HOW TO PLAY

- Set up 3 Cones
- Aim is to throw the hoop over the cone
- Points are awarded for landing a hoop over the cone
- Furthest cone earns 3 points, Middle cone earns 2 points, Closest cone earns 1 point.
- Retrieve hoops before re-trying

### FOCUS

- To throw the hoop at a specific target using a Frisbee style of throwing.



## **HARDER**

- Increase distance between cones
- Stagger cones e.g. zig-zag
- Use smaller hoops
- Starting point further back

## **EASIER**

- Have a larger throwing item (bigger hoop)
- Start closer to cones

## **COACHING POINTS**

### **HEAD**

- Look to where the target is and keep head up

### **HANDS**

- Throw using 1 hand whilst raising the other arm to shoulder height to maintain balance

### **FEET**

- Stand with one foot in front of the other, feet firmly on the ground.

## **EQUIPMENT:**

- 3 x large cones
- 3 x hoops
- Small Cone