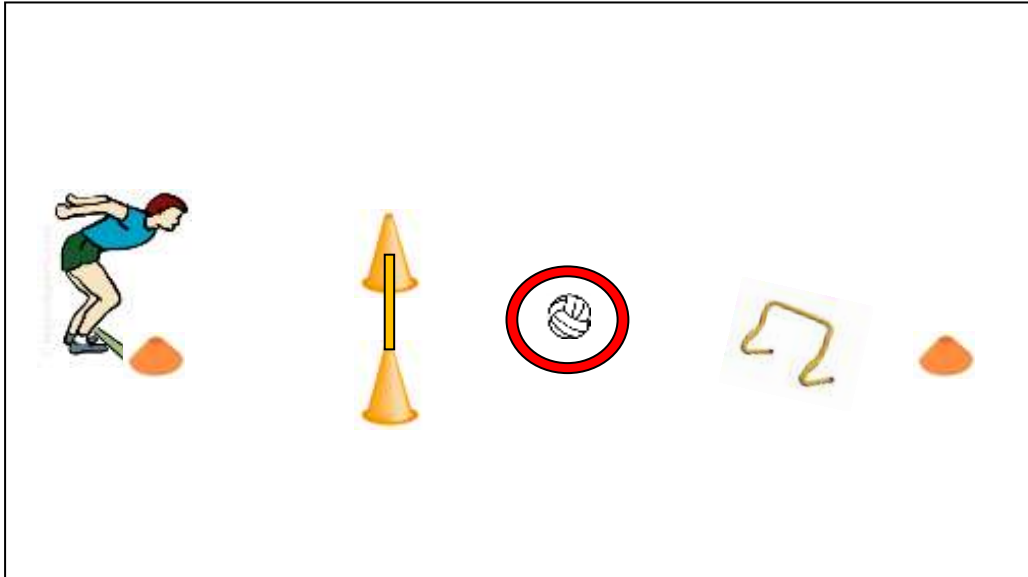


### STATION 3: JUMPING

Activity: Speed Bounce



#### FOCUS

- This activity will develop bouncing skills as well as jumping at speed.

#### RULES - HOW TO PLAY

- Child runs and jumps over hurdle.
- Lift ball and bounce it in the hoop 5 times.
- Place ball back in to the hoop.
- Do 5 speed bounces over hurdle.
- The child then runs around end cone and back to the start and tags next player to go.
- Child gains a point for 5 bounces in hoop and also for 5 speed bounces.



### **HARDER**

- Smaller ball to bounce, Smaller hoop
- Stand in hoop, throw and catch ball 5 times
- Bigger Hurdles/More speed bounces

### **EASIER**

- Less speed bounces
- Smaller Hurdles
- Roll ball from hand to hand 5 times in hoop

### **COACHING POINTS**

#### **HEAD**

- Looking forward at equipment and ball

#### **HANDS**

- Swing your arms forward after take-off
- Ready hands over ball for catching after each bounce

#### **FEET**

- Bend your knees on all landings.
- Take off 1 foot and continue your run for 4 steps

### **EQUIPMENT**

- Ball/Small ball
- Cones
- 2 large cones
- Evasion pole
- Hurdle