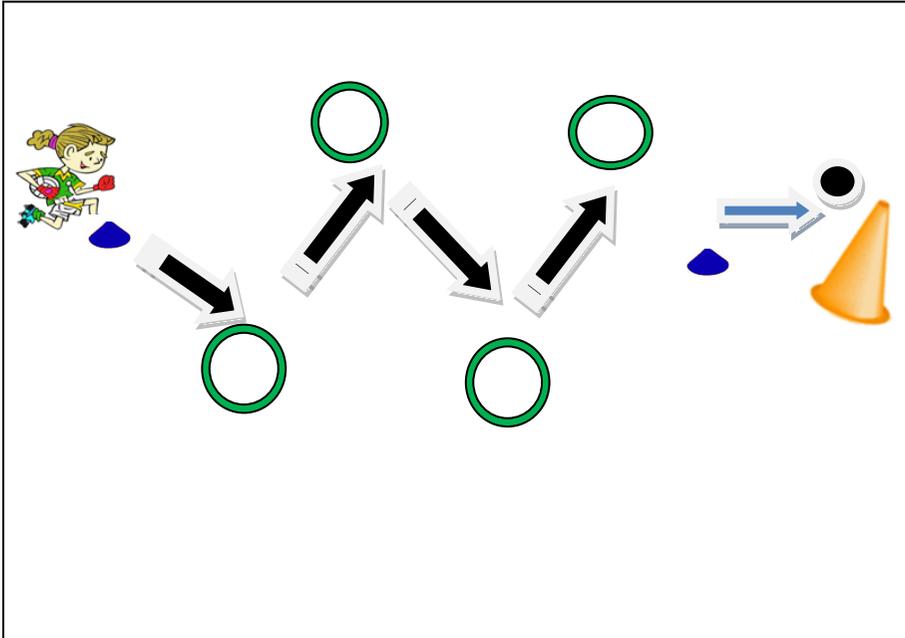


STATION 2: Co-ordination Activity: Hoop Ball Bounce



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

- Place out equipment as shown with dome for start and then 4 hoops for bouncing in and a cone for aiming at
- Player must try to bounce the ball inside each hula-hoop
- 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 run 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 with hoops alongside to bounce ball in
- Travel by hopping, jumping etc.

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

- Watch ball when bouncing all the way back up into your hands
- Look up to see where you are going next

HANDS

- Hold ball in two hands but reach forward to bounce with one hand and catch in two
- Use finger tips to bounce ball, use soft hands.

FEET

- Stay in ready position on front part of feet and with one foot in front of the other
- Step sideways with left foot when bouncing with left hand and vice versa on the other side

EQUIPMENT

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