

Sports Skills Summit

SOL: Motor Skill development K-8

Description: Are you looking for strategies and games to teach and practice the foundation skills of volleyball, basketball, soccer, football, team handball or hockey? This session will focus on a collection of sports lead up/ small sided games for elementary and middle school students. At this presentation you will have an opportunity to see or participate in a variety of fun and engaging activities focused on sports specific skills.

Balloon battle (Volleyball k-2)

- Class divided into groups of 4
- 2 students hold a jump as a net
- 2 students volley a balloon back and forth (unlimited hits for k, change for 1st or 2nd)
- Student switch jobs every 1 minute (or 90 seconds)

Volleyball small sided progression (Volleyball 3 -8)

- Set up: teams of 6 or 8
- $\frac{1}{2}$ of the team on each side of the net (although they are still working together)
- One person serves
- Play 3 or 4 rounds adding each progression
 - Other side catches = 1 point
 - Bump and catch = 3 points
 - Bump, set, catch = 5 points
 - Bump, set, hit back over = 10 points

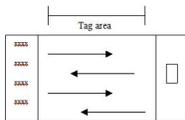
Hoop forest (basketball dribbling k-5)

- Class is divided into groups of 3 students
- 2 members of the group are standing in a hoop. They are the forest and play defense.
- The other group member tries to dribble from one end of the forest to the other without losing control, traveling, or picking up their dribble.
- If a student makes it to the end of the forest they dribble around the outside of the forest to the beginning and start again.
- Play 3 rounds so each group member gets a chance to be the dribbler.

Point Guard Prowler (basketball dribbling 3-8)

- Playing area divided into 3 areas (starting area, tag area, safe area)
- Students are divided into groups of 4-6
- Groups line up behind a hula hoop
- First person in line attempts to dribble the ball to the safe area and take a noodle chip
- Taggers attempt to stop dribblers by tagging them with a pool noodle
- If tagged a dribblers turn is over and they return to the end of their line

- If a tagger tags a dribbler that has a noodle, they get the noodle and place it in their own hoop (taggers can only carry one noodle chip at a time and have no tagging power while holding a noodle chip)



Quick pass (basketball passing k-2)

- Class is divided into groups of 6 and each group forms a circle.
- Students may pass the ball to anyone in their group when the music is on.
- When the music stops each team lines up, hands ball over head to the last person, last person runs to the front and everyone sits. First team to do this wins.

Four-way keep away (basketball passing 3-8)

- Groups of 5
- One player on each spot (spots form a square)
- The object is to stay out of the middle
- One player starts in the middle and tries to get out
- Ways out - Tag a player that has the ball, make a player throw a bad pass, intercept or deflect a pass, force a player off their spot (no fouls)

Reaction Dribble (soccer dribbling k-2)

- Playing area: different colored cones spread out, students divided into groups of 5 or 6 all with their own soccer ball and should be numbered off so each student has a number.
- Part 1: Students will be dribbling anywhere when the music turns on.
- Part 2: When the music turns off, the teacher will call a number, that students job is to dribble to a cone and watch to see who makes it to the cone first from their group. All other students from their group must dribble to that cone and join their group member. Only one group per cone.
- After everyone from your group arrives at the cone, the first group member to make it to the cone gets to choose the exercise that the entire group will perform 5, 10, or 15 repetitions.

Watch It Tag (Team handball 3-8)

- Groups of 3 (Separate-1 partner stand by the stage wall, other 2 will stand on a spot)
- Playing area is divided into two areas: 1) Playing area-anywhere inside the cone rectangle filled with poly spots 2) Exercise area-located in a corner of the gym
- When the game begins the taggers attempt to tag (not throw) the dodgers with a gator skin ball

- Taggers must always keep one foot on their spot and may not move the spot in the playing area
- Taggers may throw the ball to pass it to a teammate but may not throw at a player to tag
- Taggers may switch spots when they do not have the ball
- If tagged a player must go to the exercise area and perform an exercise to get back in

Pinball (team handball passing 2 -8)

- Divide class in 4 teams.
- Each team gets their own quarter of the playing area.
- Each team has 4 pins set up along the back wall of their area.
- Teams will attempt to knock down the opposing teams pins by throwing the ball at the pin.
- If a team's pins are all knocked down , opposing teams may begin to shoot at the goal
- Players may pick up any ball on their own side of the playing area and can only take two steps while holding a ball.
- Players can only throw a ball from the opposing team's side.
- Players may never pick up a ball from the opposing team's side.
- If a ball is thrown into another team's goal, it stays in.

Quarterback Rescue (football passing & catching 3-8)

- Class divided in $\frac{1}{2}$, one team on each side of the playing area.
- 6 - 8 team members are placed in the opposing teams end zone.
- To be rescued from the end zone a receiver must catch a ball in the air from a quarter back on their team. If they catch the pass in the air, that receiver rejoins their team and becomes a quarterback. First team to rescue all their receivers wins (or the team who has rescued the most when time expires).

Running back Tag (Football closing space k-8)

- Class split into groups of 3
- Group lines up on the side of the playing field
- First player in line is the running back and second in line is the linebacker. Running back is allowed to run into the playing area followed by the linebacker. The linebacker must tag the running back to win the round. If tagged the running back gives the ball to the linebacker (making them the new running back) and goes to the end of the line. The next player in line becomes the linebacker and chases the new running back. If the running back can evade for 20 seconds they win and give the ball to the linebacker

Football Frenzy (Complex football game 3+)

*Third grade-only introduce running the ball as a way to score then progress after successful rounds to the choice of passing the ball.

The objective of the game is to score more points than the opposing team. Game involves two jobs. At anytime students can choose to defend their end zone (defense) or try to score points (offense).

- *Defense:* students can not have a ball if playing defense. Students defending their end zone must use a pool noodle to tag any opposing player on their half of the field. If tagged a player must go out of bounds (next to the bucket of footballs) and perform a designated exercise to re-enter the game. If the tagged player has a football they must put it back into the bucket.
- *Offense:* Players that choose to play offense need a partner (quarterback) to give them a handoff. A point is scored by running the ball in the opposing teams' end zone. If a touchdown is scored the offensive player places the ball in one of the hula hoops. If the class understands the game you can add that the quarterback can pass the ball to their teammate on offense but if the player is tagged before the pass is thrown they are or after the ball is caught (outside of the end zone) the player is out. If the pass is dropped both the receiver and the quarterback must do the designated exercise.

Hula Hoop Hockey Challenge (Hockey stick control k-5)

- Place about a dozen hoops around your playing area in 3 colors: red, yellow and green.
- Students begin by dribbling in general space.
- These colors can be coordinated with the meaning of a traffic stop light.
- The following tasks are to be performed when they approach the hula hoops:
 - yellow hoop: dribble slowly one time around
 - green hoop: dribble quickly around it (time)
 - red hoop: carefully push the ball (forehand or backhand) into the hoop so the ball comes to a stop

Hockey Cup Mania (Hockey passing 2-5)

- Students find a partner.
- Groups find a space on the perimeter line with a hockey stick and puck.
- Lots of plastic cups are scattered in an upright position all around the middle of the gym floor.
- Partners take turns passing (behind the perimeter line) attempting to knock over as many cups.
- After their pass they will retrieve their puck and any cups that they knocked over.
- Game continues until all the cups have been knocked over.
- Variation: Have the different color cups equal different point values.