




COOL T-REX HANDS

Equipment

-  Cones
-  Balls (1x per child)

Time

-  10 minutes



SET UP

- Mark out a safe playing area.
- Children start in their own space (if children cluster together scatter some discs to use as starting points).

HOW IT RUNS

- Children use balls of various shapes and sizes.
- Explain the following instructions and associated actions:
 - “Hot hot hot” pass the ball from hand to hand
 - “Swap” exchange the ball with another child
 - “Up” throw the ball up and catch using two hands
 - “Around” pass the ball around their waist
 - “Through” pass the ball through their legs
 - “Bounce” bounce the ball on the ground and catch it
- Children should start stationary and then progress to moving whilst performing the actions.

SCORING

- N/A

SKILLS

Catching

STEP PROGRESSION

EASIER

Space - Create a larger space for the children to play in

Task - Use fewer/simpler commands

Equipment - User bigger softer balls and bean bags

People - reduce the number of children in the space to make it easier to move

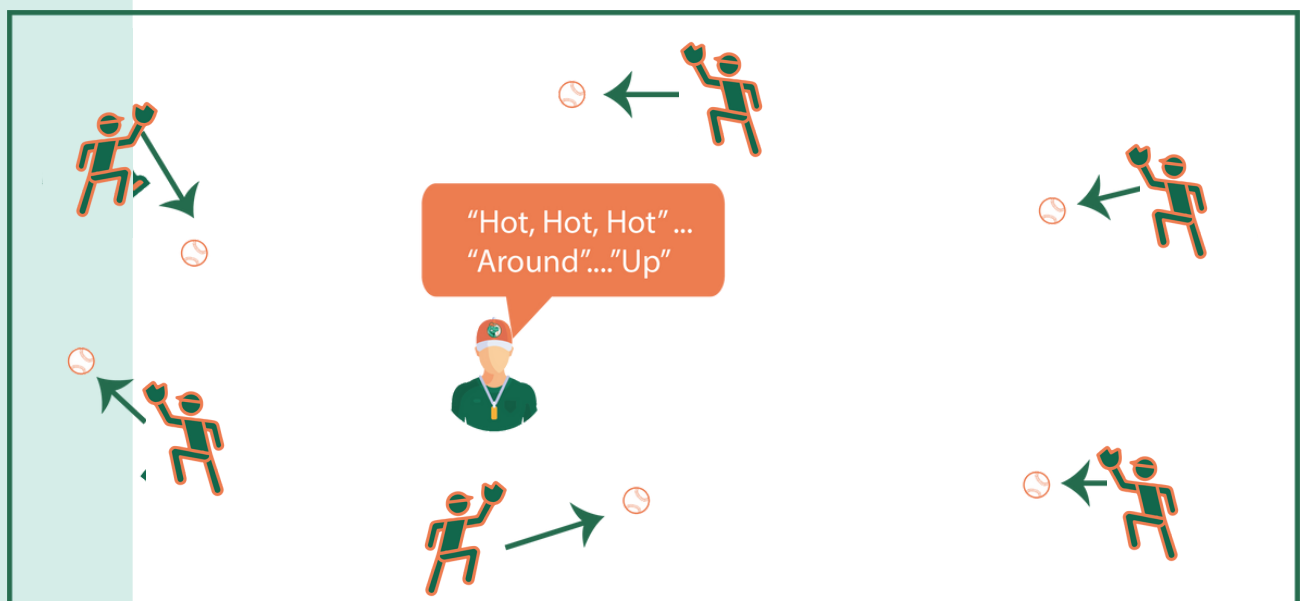
HARDER

Space - Encourage children to throw it higher or further

Task - Use more baseball specific commands

Equipment - Use baseball gloves

People - Allow children to take the lead on the commands



COACHING TIPS

- Get ready to catch with "T-Rex hands"
- Watch the ball into your hands
- Follow with Dinosaur Catching Paddocks

REFLECTIVE QUESTIONS

- What can you do to catch more balls?
- Can you do anything to help you concentrate on the ball?