

Extinction Zone

Equipment

-  Cones
-  Wiffle Balls
-  Foam Balls

Time

-  10 minutes



Set Up

- Mark out a large square playing area divided in half using cones.
- Mark out another line of cones 1 metre on either side the halfway line. This creates a 2 metre wide "Extinction Zone", which players must not enter during the game.
- Split the children into two teams, one team is in each half.
- Spread out foam or wiffle balls into each half (at least one per child).

How It Runs

- When the coach gives the command "GO" all players pick up a ball on their side and try to throw it over the extinction zone into the other teams half.
- Children continue to pick up balls in their half and throw until 30 seconds has passed and the coach counts down to "ZERO".

Scoring

- The team with the fewest balls in their half wins.
- Balls inside the Extinction Zone do not count.
- Provide coaching points as needed and repeat.

SKILLS

Throwing - Catching - Fielding

PROGRESSION

EASIER

- Space - Create a smaller playing area
- Task - Allow underarm throws
- Equipment - Use bean bags
- People - Reduce the number of children in the playing area

HARDER

- Space - Add a barrier/net to throw over along the halfway line
- Task - Add targets and award bonus points if they are hit
- Equipment - have children wear gloves
- People - Mix the teams to give different teams more or less of an advantage

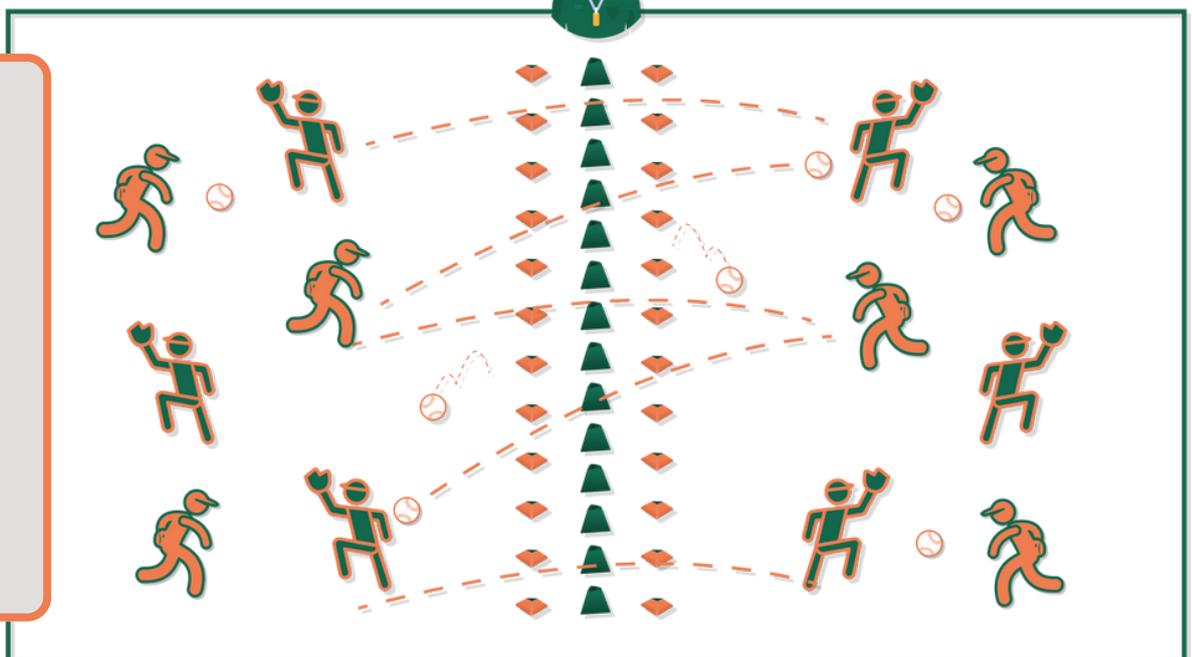


Key

Throwing



Catching



COACHING TIPS

- Try to throw it over the head of the other team.
- Get ready to catch with T-Rex hands
- Use "Spinosaurus hands" to field a ball on the ground

SUMMARY QUESTIONS

- What type of throw did you use to throw it over the Extinction Zone?
- How could you throw it even farther?