

# Power Skills



## Great Games

*Moving skillfully and thinking strategically*

### END ZONE

#### Ready

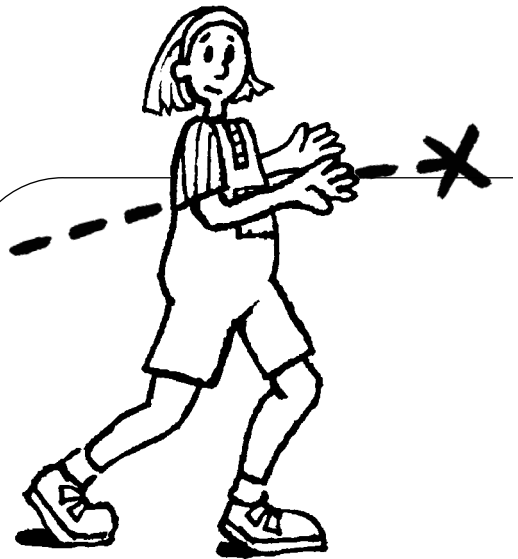
##### Learn The Skills

- Invite a family member or friend to join you.
- Warm-up by doing some walking type activities then some light stretching.



#### Throwing while running to a moving partner (Receiver)

- To throw a football, spread your fingers to make a "web" on the laces near the back of the ball.
- Make sure to throw ahead of a moving receiver.



#### Catching while Running

- Call for the ball when you are ready to catch.
- Indicate the direction you want the ball thrown by putting a hand out as a target for your partner to aim at.
- Make a basket shape with your hands, with your thumbs pointing away from each other.
- Keep your eye on the ball.
- Get behind and below the ball.
- Catch with 2 hands outstretched with your fingers spread out in a basket shape.
- Cushion the catch by pulling the ball into your body.
- Continue to run!

#### I Can...

- Throw to a passer moving right to left or left to right, while running down field.
- Catch with good form - arms reaching out, eyes on the ball
- Catch while on the move - to the right and the left of the passer.



- ➔ - Runner
- - - - - Throw
- - Thrower

# Power Skills



**GO!**

- Play the game until one team gets to 10 points and then start again.

## Set!

- Invite 3 friends or family members to join you.
- Mark off boundaries (use jacket, hats, chalk, etc.)



## Turn up the heat!

**You add the challenge!**

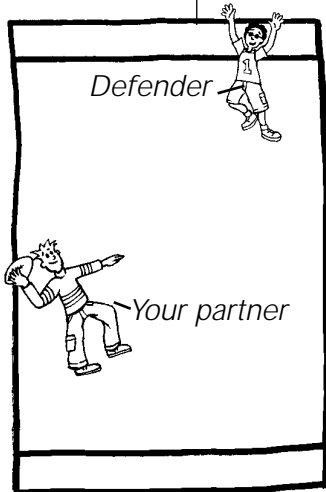


Add some challenge by turning it into **Ultimate Frisbee**.

- 3 to 4 players a side.
- You are only allowed 1 step if you hold the frisbee.
- If the frisbee is dropped, intercepted or goes out of bounds - the other team gets the frisbee.

## Learn the Game

- The object is to score points by your team getting the ball to the end zone.
- If the ball is dropped, goes out of bounds or is intercepted, the ball is turned over to the other team.
- You can only take 3 steps while you are holding the ball. If you take more than 3 steps, the ball is turned over to the other team.



## Strategic Thinkers: THINK, PLAN, DO!

### Offense Strategy

a) To create open space to catch, sometimes moving backwards helps. Discuss this with your partner, and then give it a try. When would you use this strategy?

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b) When moving to receive the ball, why is it a bad idea to be behind the defender? After trying out different receiving positions, put an 'o' in the places where you should be so your partner could most easily throw to you. Explain below:

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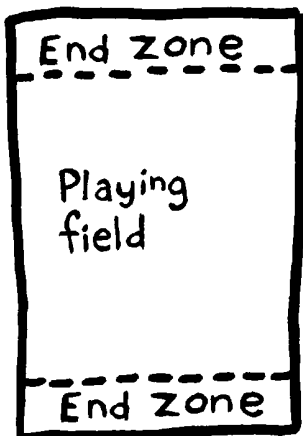
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### Defense Strategy

What are some smart strategies to cover two offensive players at the same time?

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## Heart Leaders!

### Play it your way!

Change the boundaries, equipment or number of players. Use different rules such as using only the underhand throw or changing the number of steps allowed. Think of creative options to make it more challenging!

