



MINI-HAWK GAME STATION (AGES 4-6) ACTIVITY REFERENCE GUIDE

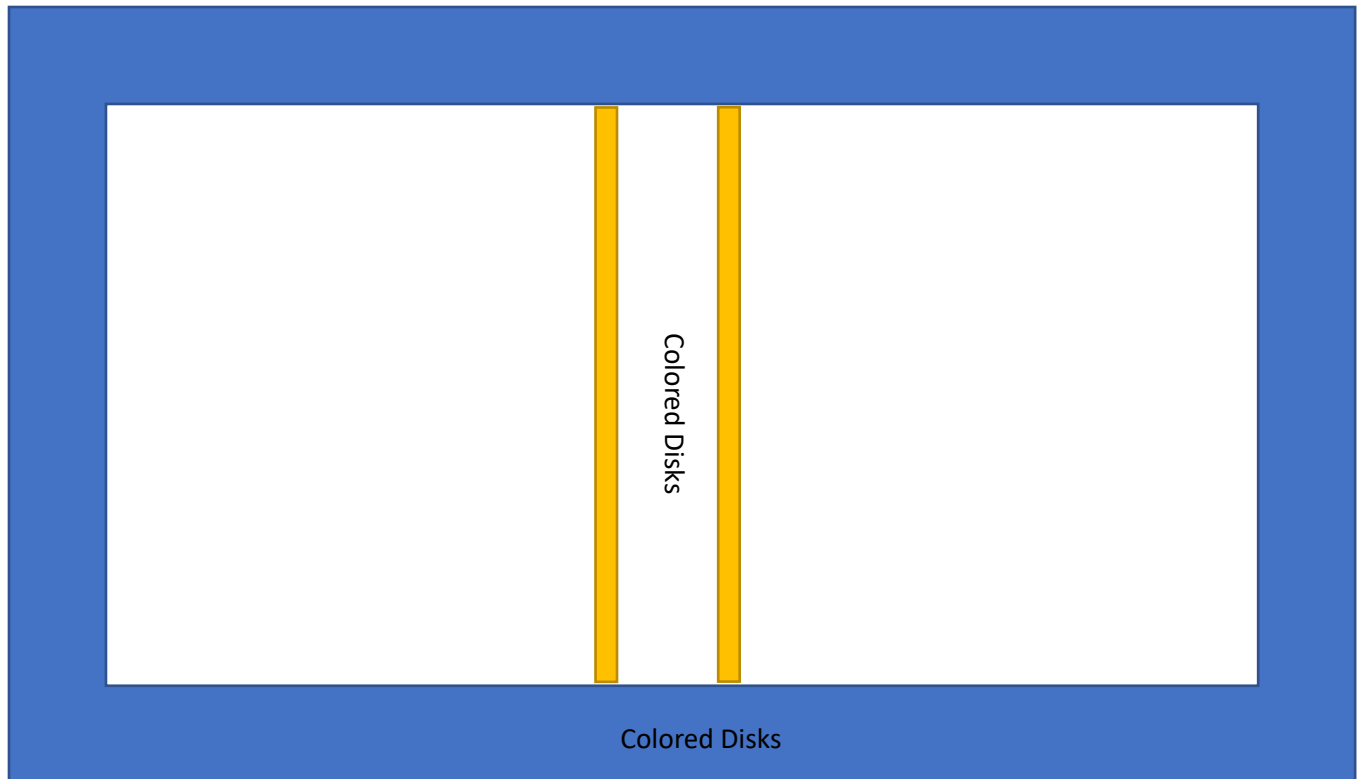


Get Out Of My Yard Dodgeball

Purpose: Throwing

Equipment: Soccer Nets, Dodgeballs, Cones

Set Up: Use Colored Disks to create a field and separate that field into 2-side using a Tennis Net or Soccer Net. If you don't have any nets, use cones to separate the field into two halves. Do two lines of colored disks so the kids can't get too close to one another. Randomly place the Dodgeballs all over the field.



Execution:

1. Coach stands on one side of the fence (Net) and has all of the players stand on the other side of the fence.
2. Tell the players that you and they are neighbors, the net/line of disks is the fence that divides your back yards.
3. On the whistle, the coach is going to try to throw all of the balls (garbage), onto the kids side of the yard. At the same time, the kids are going to try to throw all of the balls onto the coaches side of the yard.
4. After 1-minute, the coach blows his/her whistle and they count up the balls on each side of the field. The team with the fewest balls on their side wins the game (but not really).
5. Now the coach divides the players into two teams and assigns each team a side of the field. Now the players play against one another, throwing the ball onto the opponent's side of the field (yard).
6. Change teams and continue as time permits.

Execution: Foam Football Edition: Same game but use FOAM footballs instead of Dodgeballs. If you don't have FOAM Footballs, don't play the game. Just stick with Dodgeballs.