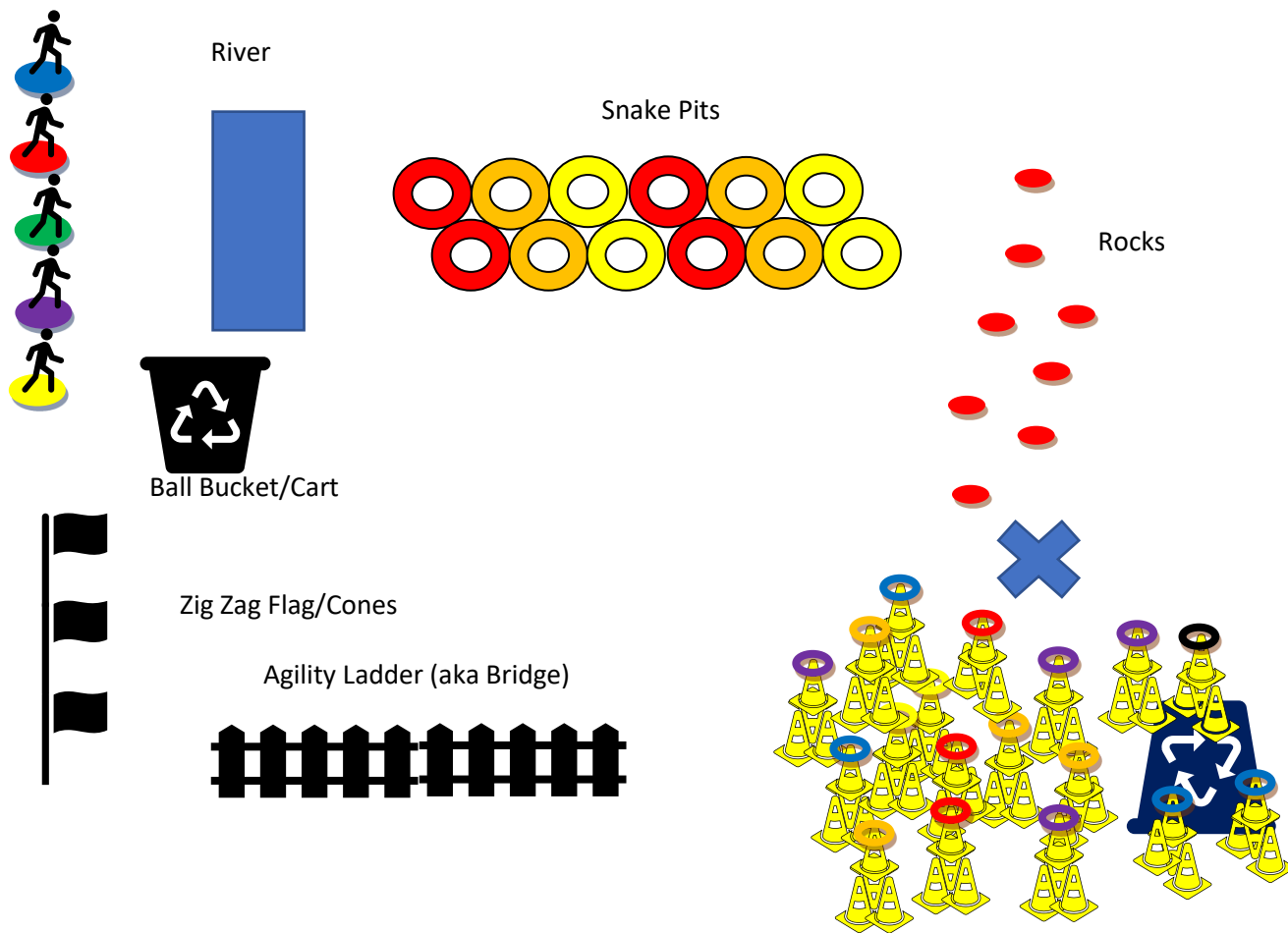


Han Solo Throwing

Purpose: Football Throwing, Agility

Equipment: Tarp, Agility Hoops, Standing Spots/Tape, Frisbees/Spots, Cones, Disks, Agility Ladder, Cones/Flags, Football

Set-up:



Execution:

- Have all the players stand on their colored spot/tape line
- Review proper Passing form/technique (introduce, breakdown, demonstrate).
- Narrate the StarWars Storyline: Tell the players that they are Han Solo and they need to fly the millennium falcon through the obstacles and fire on the imperial fleet (Cones).
- Coach calls first player's name and give them a Hand-Off. They cross the obstacles with their football until they get to the firing "X". Put the X at an age appropriate distance from the imperial fleet.
- They get 1 throw from the X to try to knock down the Imperial Fleet Ships.
- Make or miss they grab their ball continue through the obstacles until they get back to the starting line.
- If player knocks over the spaceships by cheating (not with the Football), they miss their next turn.
- Continue until all space ships have been knocked over, or time elapses.