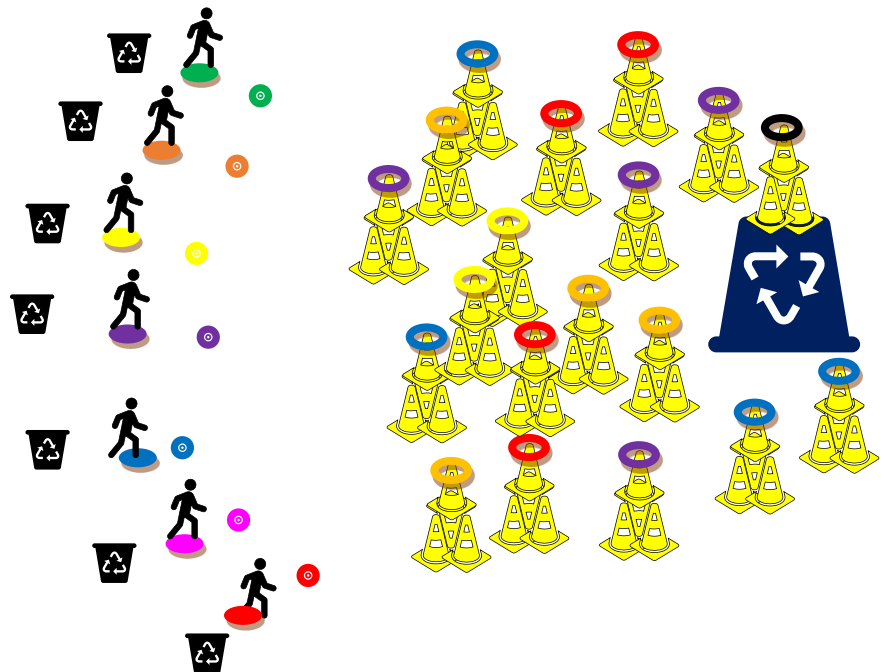


### StarWars Throwing:

Purpose: Throwing

Equipment: Cones, Baseballs, Colored Spots, Hula Hoops, Colored Disks, Large ball bucket

Set-up: Create the imperial fleet! In the back/middle create the Death-Star (5 Cone Tower on top of upside down Large Ball Bucket. Put 2 black colored disks on top). Surrounding the Death-Star build smaller Star-Destroyers (5 cone towers). Lay a hula-hoop around each Star-Destroyer and put a colored disk on top. At an age appropriate distance from the imperial fleet, put a "FIRING STATION" for each child. Firing stations should make a slight semi-circle around the fleet so all kids are the same distance to the cones. Each firing station consist of a large spot and a small spot (of the same color). Put a small bucket next to each firing stations. They stand on the large spot with the ball, and step forward to the small spot to throw the ball.



### Execution:

- Have all the players stand on their colored spot.
- Review proper throwing form/technique (introduce, breakdown, demonstrate).
- Narrate the StarWars Storyline:
- Tell the players that they are the Jedi and they need to destroy the imperial fleet before they reach our rebel base.
- Coach announces that they are on ROUND 1 and has all players grab one ball out of their bucket.
- The players called get into position and hold the ball on their large spot facing the StarShip they are aiming for and wait for the coach to yell Fire!
- Coach yells "READY, AIM, FIRE!"
- On "FIRE!" the kids step forward to the small spot and pass the ball into imperial fleet and try to knock over as many StarShips as they can.
- Make or miss, the players stay on their spot. Coach tells them to grab their next ball out of their bucket and get ready. "READY, AIM, FIRE!"



## **TOT/PRESCHOOL BASEBALL (AGES 3-5) ACTIVITY REFERENCE GUIDE**



- Once the kids have thrown all their Baseballs, have them pick-up their bucket and go on an Easter Egg Hunt (Grab 6 Balls and put them in your bucket). Players are not allowed to knock-over the Imperial Fleet during a RELOAD. If they do so, ON PURPOSE, they have to set-out the next round.
- Have the kids go back to their firing station, and then rotate 1-station to the right. (Red to Pink, Pink to Blue, Etc.)
- Coach announces that you are now on ROUND 2.
- Continue until the Entire Imperial Fleet is destroyed. Coach announces the Teams Score (what Round they were on when they destroyed the Fleet).
- If time, have players reset the Imperial and Fleet and player again. See if you can beat your score (knock them down with a lower score).
- Recap Throwing and its function in the sport.