



MULTI-SPORT (AGES 6-11) ACTIVITY REFERENCE GUIDE

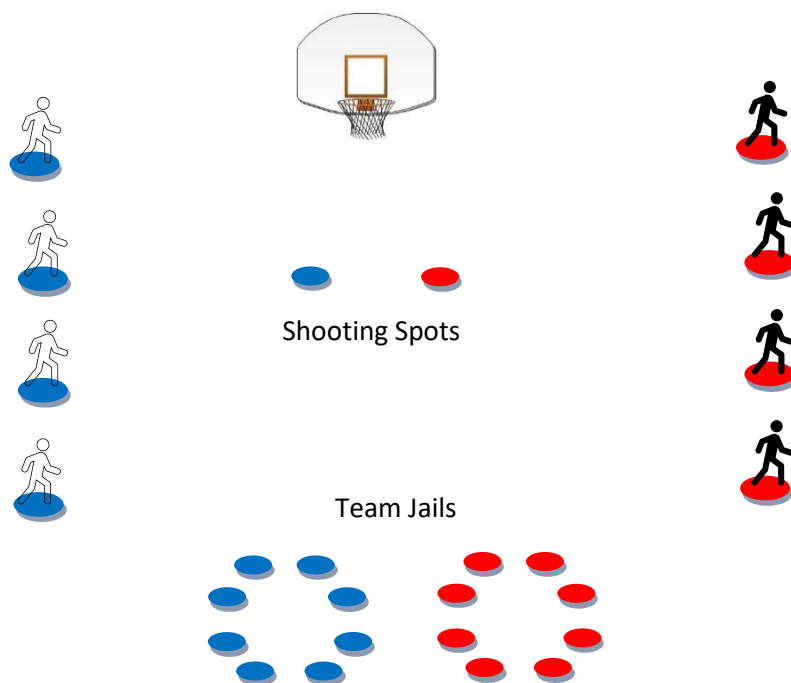


Jail Break

Purpose: Shooting

Equipment: Basketball/player, colored spots

Set Up: Set-up team standing spots on the sideline. At half-court set-up two team jails. Put down two shooting spots where you want the kids to shoot from (one for each team)



Execution:

- All players start in their Team Line.
- Coach calls up first player from each team. Each player shoots the ball from their teams shooting spot
- **IF THEY MAKE IT:** They are still in the game and go back to their team spot
- **IF THEY MISS IT:** They are out and have to stand in their Team Jail.
- If a team makes two shots in a row, it is a Jail Break and everyone in their Team Jail is now back in the game
- Once a team has everyone in jail, the game is over, and the other team wins the round.
- Change the Shooting Spots for each team and continue as time permits
- Move onto Round 2 – BASEBALL THROWING

SEE NEXT PAGE FOR ROUND 2 – BASEBALL THROWING



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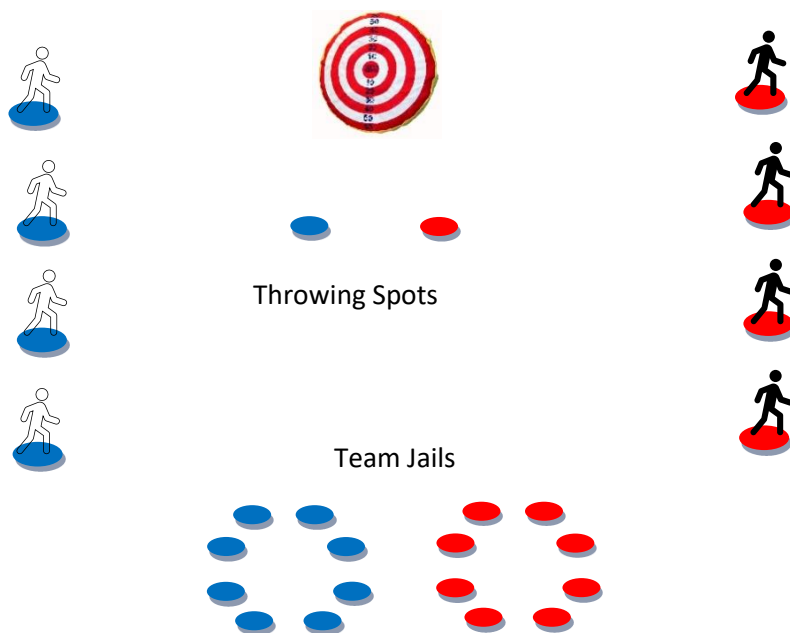


Jail Break

Purpose: Throwing

Equipment: Bulls-eye Target, Ball Buckets, Snag Balls

Set Up: Set-up 2-lines of 4 Colored spots in a vertical line for the teams to stand on. Put down two matching “THROWING SPOTS” at an age appropriate distance from the target. Use matching colored disks to create two team jails.



Execution:

- All players start in their Team Line.
- Coach calls up first player from each team. Each player throws the ball from their teams throwing spot
- **IF THEY MAKE IT:** They are still in the game and go back to their team spot
- **IF THEY MISS IT:** They are out and have to stand in their Team Jail.
- If a team makes two throws in a row, it is a Jail Break and everyone in their Team Jail is now back in the game
- Once a team has everyone in jail, the game is over, and the other team wins the round.
- Change the Throwing Spots for each team and continue as time permits
- Move onto Round 3 – SOCCER PASSING

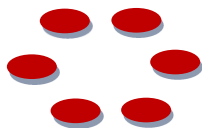
SEE NEXT PAGE FOR ROUND 3 – SOCCER PASSING

Jail Break (Soccer Edition)

Purpose: Soccer Passing

Equipment: Colored Spots, Colored Disks, Hula Hoops, Soccer Ball, Shotputs (Variation)

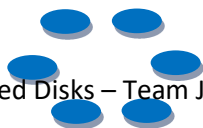
Set Up: Use Hula Hoops to create a target circle. Put down two vertical team lines at an age appropriate distance from the target circle. Use colored disks to create a Team Jail for each team.



Large Colored Spots – Team Lines



Hula Hoops – Target Circle



Colored Disks – Team Jails

Execution:

- The first player in each line attempts to pass the ball so it lands inside the circle of disks
- **If the ball lands inside the circle** the player is still in the game and goes to the back of the line
- **If the ball lands outside the circle** the player is in jail and must stand on their team's sideline (jail)
- If a team make in 2 shots in a row, it is a jail break and everyone in their team's jail is back in the game
- If an entire team ends up in jail, the game ends, and the other team gets a point for their team.
- Count-up Score from all 3-rounds. Award A point to each team for each Win!
- Have players demonstrate good sportsmanship/respect/