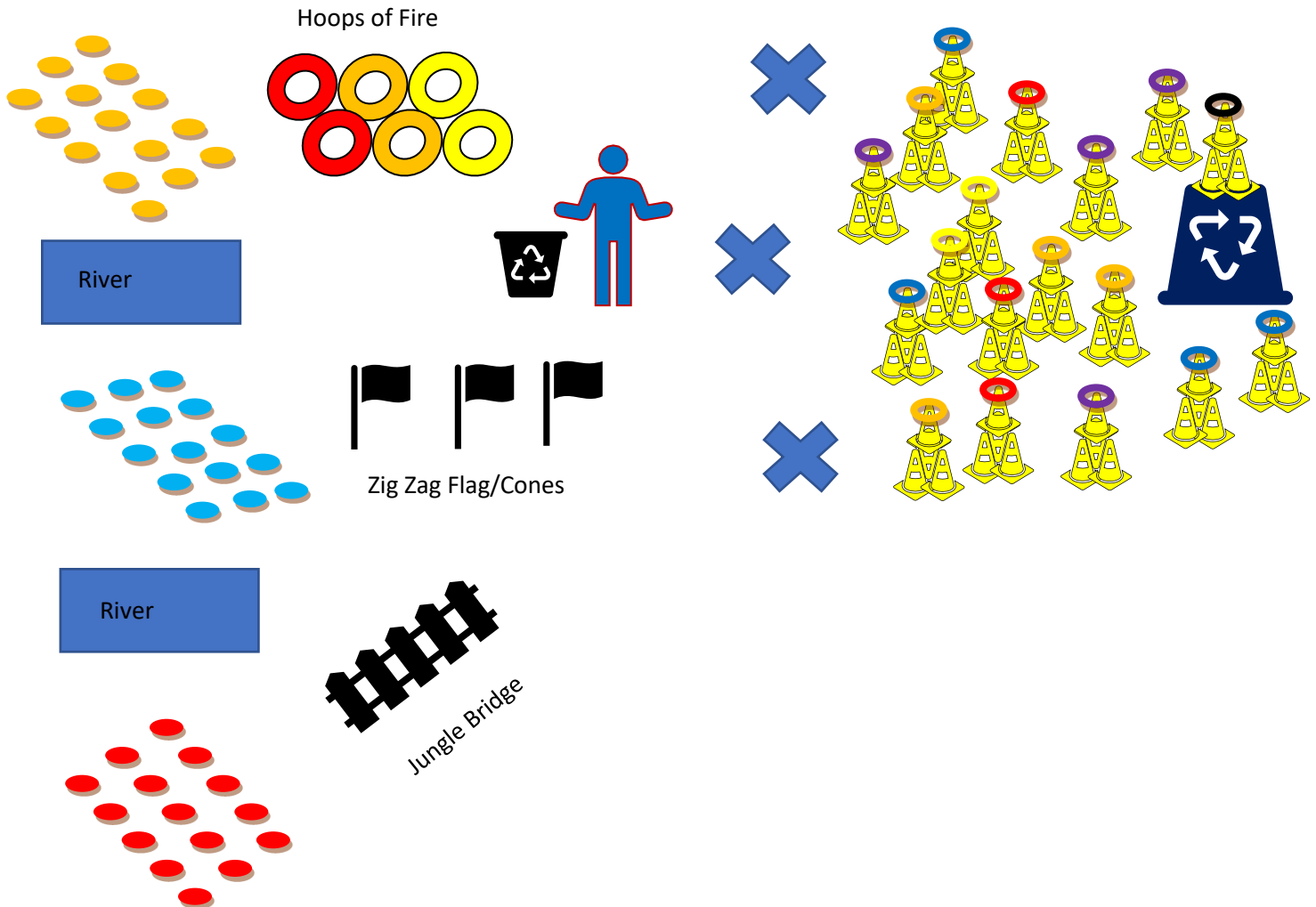


Wreck It Ralph (Soccer, Javelin, UFO, Discuss)

Purpose: Throwing, Soccer Passing

Equipment: Buckets, Cones, Disks, Hula Hoops, Soccer Balls, Javelins, Discus, Dodgeballs

Set-up: Spread out more than what is show below. I ran out of space. On one side of the field set-up the Towers. On the other side set-up the video game worlds with a different color Hero Coin (Colored Spot) in each world There should be obstacles between all the worlds the kids must complete to earn the coins.



Execution:

- As a team you must collect the Hero Coins and Wreck the towers by knocking them down with Javelins, Discuss, Shotputs and Soccer Balls.
- Coach starts in the middle with a Wagon filled with the Javelins, Discuss, Shotputs and Soccer Balls.



MINI-HAWK THROWING (AGES 4-6) ACTIVITY REFERENCE GUIDE



- Coach tells a player “I need 1 Red Hero Coin and 2 Blue Hero Coins for a Javelin Wrecker”. The players must go through the Video Game Obstacles to collect the Hero Coins. They bring the coins back to the coach who collects the coins and gives them the “Javelin”
- The Player uses the Javelin to WRECK one of the towers.
- They then go back to the coach who tells them “I need 1 Orange Hero Coin and 1 Red Hero Coin for a Soccer Ball”
- Continue with Discuss and Shotput. Restock the Wreck Objects as needed
- Reinforce flow, storyline, throwing/kicking technique, and encouragement
- Continue as time permits
- Review Throwing and Soccer Passing