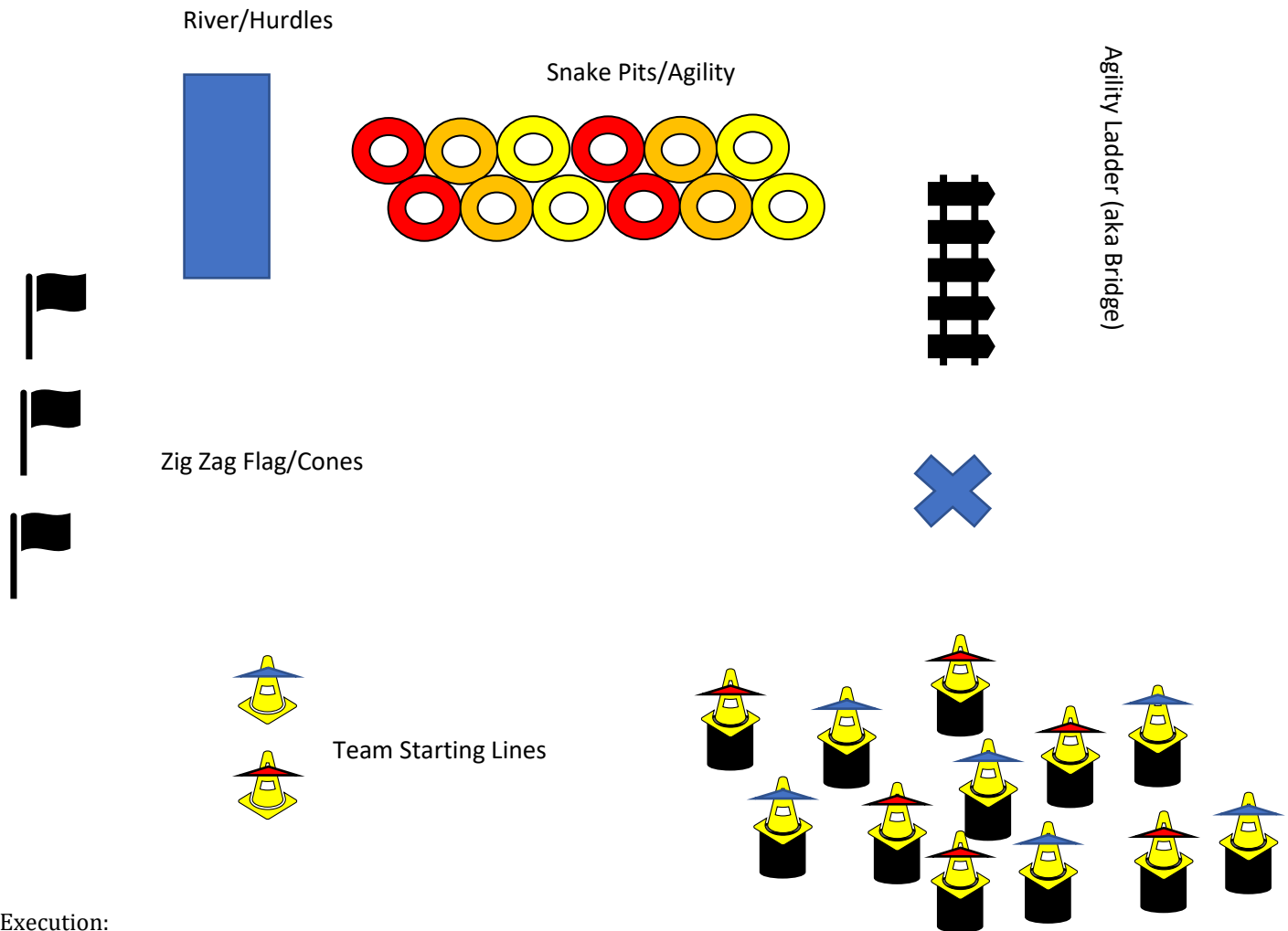


Han Solo Throwing

Purpose: Football Throwing, Agility

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

Set-up:



Execution:

- Review proper Passing form/technique (introduce, breakdown, demonstrate). Practice throwing as needed.
- 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).
- Walk players through Obstacle Course and review agility exercises.
- Break players into team and have each team start in their team line.
- The last player in each line starts with the ball (the one furthest from the starting cone)
- On coaches whistle, the players hand the ball off player to player until the first person in line has the ball. That player takes off through the obstacle course.
- They get 1 throw from the X to try to knock down the Imperial Fleet Ships.
- Make or miss they grab their ball, sprint back to their team line, get in the back of the line, and start handing the ball-off to the front of the line.
- If player knocks over the spaceships by cheating (not with the Football), their team has a 30-second penalty.
- First team to destroy the other team's fleet is the winner.



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- Reset and continue as time permits.

Comments:

- Younger players – It is more of an obstacle course. How they get through the course isn't as important
- Older players – work on agility and juke moves. Assign specific exercises and juke moves (spin, jukes, hurdles, etc) that they must complete through the course. If they mess up an obstacle, they crash and do not get a throw that turn.
- Work on proper hand-off form in the team lines.