

» Throwing

11

The Throwing develops stability, control and body power whilst introducing the 'Chest Pass' which is an integral component of many team games.

'Can you push the Ball to the next planet?'



» WARM UP IDEA: MONKEY PUZZLE

- Agility Mats laid out randomly around the room
- A number of children (Monkeys) asked to walk around the mats, whilst the others (Humans) must stand on a mat and pass a number of balls around the group
- The Monkeys have to try and intercept the passes, if they get the ball, the Human that last touched it swaps with the Monkey
- The Humans must always stay on the mat until the teacher calls 'Monkey Puzzle' at which point the Humans must get to a different mat without the Monkeys tagging them

» **BUILD IT UP** Agility Mats are spread out along one side of the hall with cones facing up to 4 metres away. Children asked to form groups of four, with members 1 and 3 lining up behind the Agility Mat and members 2 and 4 lining up behind the cones opposite...

In each stage, Member 1 will pass to 2, 2 to 3, 3 to 4 and 4 to 1.

1

Chest push the ball back and forth stood two feet together

2

Increase the passing distance

Diagram 8 (???)

3

One foot in front of the other, lean back, bend the knees and push up and out

4

Chest Push to the next member and then follow your pass

»» Thrower



»» TAKE IT FURTHER

- Working with a partner, what's the longest successful (caught) chest pass?
- How many successful chest passes can be achieved without dropping the ball at 5m?
- Try other throws – Throw in, Heave etc.

»» TEAM RELAY

- Children split up into teams, lining up behind a cone
- For each team a mat is placed on one side of the hall with cones placed 3 metres away.
- Member 1 must bounce the football to their Agility Mat before chest passing the ball back to Member 2 and sitting down behind the mat. The first team sat down in a line behind the mat are the winners

Body Aware

- Put yourself into a stable position
- The whole action is lifting (from bent knees) then launching
- Legs and hips are fully extended at release

»» THE INFANT ATHLETE - THROWER ACTIVITY

- The Thrower must stand behind the throwing line with a football held in both hands at chest level
- The ball is pushed upwards and outwards as far as possible
- The distance is measured using mats placed at for instance 1, 2, 3, 4 and 5 metres
- The Thrower has 3 throws with the furthest taken as their score

You will need:

- Agility Mats
- 2 Footballs

»» RECOMMENDED THROWER LEVELS

A child becomes an Infant Athlete – Thrower when they can achieve the following distance:

Reception	4 metre
Year 1	5 metres
Year 2	6 metres