

Striking Skills-It Doesn't Take A Village

Sponsored by FlagHouse

CTAHPERD November 15-16, 2018

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Cotton Balls- An inexpensive striking skill object. Try to strike the cotton ball to a target or to a partner

Balloons- Striking up in the air without letting it drop

Mickey-Minnie Mouse Volleyball (Balloon Volleyball)

Using other Body Parts to Strike the Balloon.

Attempt to strike the Balloon over a Rope or line on the floor to a partner

Try to do it in three hits but one can use additional hits, if necessary for beginners.

Multi-Color Puff Balls-(Pom Poms)

Strike them at a wall.

Strike to a target. Laundry Basket or Multi Bucket

Strike to a Partner and they catch it.

Strike to a Partner and they attempt to strike it back to you.

How many consecutive hits can you acquire?

Punchballs-They drop a bit faster than Balloons, but not as quickly as a VB Trainer

Fleeceballs Set of 3”



* Use for Throwing, Catching and Striking skills

Ping Pong Balls & Golf Balls

Striking by Hand or with Lollipop paddles or Table Tennis Paddles

Noodle Bits-



Hand Striking Alone and w/partners

Pop them to a partner

Pop them to a Partner and they strike them back to you.

Pop them to a partner and they strike it back with a Half-Noodle as in Tennis or Baseball

Pop them to a partner who attempts to strike them back into a **Goal- Bucket, Hoop,**

Laundry Basket or Hamper.

Pop the Noodle Bit to a partner with a Lollipop Paddle and let them strike it back to you.

Can you and your partner both use lollipop paddles to create a game using a Noodle Bit?

Noodlesize-Strike the bottom of the Noodle to make it fly to a partner. Partner catches it and strikes it back.

Two Square-Four-Square- Spaldeens- FlagHouse Inc. Item #11089

Use an 8 ½ inch Playground Ball to play two square or Four Square

Use a Spalden Pink Ball. Difficult to strike and catch for younger students unless they are advanced learners.



Spikeball Combo Set



You can play this fast and intense 2-on-2 volleyball type game anywhere - indoor and out! Similar to other kids ball games, just smack the palm-sized ball down on the net and watch it ricochet up at your opponents. Then it's their turn to control it and bounce it back to you. When they miss... you score! As with other ball and net games, Spikeball enhances eye-hand coordination, agility, and fitness while focusing on teamwork.

***Can this game be played while using a Reaction Ball?

Cooperative SpikeBall

Can you play the game to see how many cooperative hits your group of players can make in a row?

Play with two teams standing in their own lines. Strike the ball and return to the end of your line or Strike the ball and move over to the other team's line.

FlagHouse Striker w/ 18" Cones



GREAT FOR INDIVIDUALS OR WITH TEAMS! The Striker game helps develop striking and targeting skills, as well as building up reaction time and defensive strategy. The game can be set up with 4, 5, or 6 sides. Just attach the Striker colored goal banners to the cones in the formation you want to play. Players stand inside the playing field and strike a foam ball (not included) with their hands trying to score in any of the opponents' goals. A goal is scored when the ball is struck with the hand and goes under the banner between the cones. Includes 6 banners, 1 each in red, green, yellow, purple, blue, and orange. Each banner measures 10"H x 50"L. Six 18" cones are also included with this set! For grades 4 through high school.

Flaghouse Striker (similar to GaGa with No Human Targets)

National Standard: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Equipment Needed: Striker with 18" cones Item # W14203- Dinoskin Balls. Item # W18716

Music Needed:

How To Play: Set up the Striker cones and flags in a hexagon for a larger group of players. It can be set up in a smaller configuration.

Each of the 6 players must stand inside the flags of their team. They attempt to guard their goal from the ball entering under their flags. When someone else scores a goal under your flags you must leave the game and the next person from your team enters the game. If one hits the ball over the net they are out. And another player enters the game. Start with one ball and increase the number to two or three if the game is too easy with one ball. Keep score.

Variation: Use teams and have them stand behind the flags of their team

Use a Jumbo Reaction Ball and then a Smaller Z-Ball Reaction Ball. That really increases the degree of difficulty.



Paddle Zlam is an action-packed, intense 4-person paddle ball game perfect for the beach or backyard! Teams of two face off to serve, assist, and ZLAM the ball into the goals on the two cones with the paddles. The object of the game is to be the first team to score 21 points. To build points for your team, deliver the ball into the center goal to score 6 points, shoot it into the top goal for 4 points, and hit anywhere on the sides of the cone to score 2 points. Assists add points to your team's score, and can also subtract points from the opposing team's score, including the wipeout move – assist the ball into the center goal to wipe out the other team's score. Get ready to run – the Paddle Zlam game will get the whole crew moving fast! Each game set includes 2 plastic game cones, 4 paddles, 2 pickle balls, and game instructions. Colors and styles may vary.

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***** Although they say it is made for Children and Adults 7 and up you may be able to modify the game by turning the cones upside down which will make it a little easier for young children or special needs populations.**

*****Lay the Cones down on the floor as Targets for “Cone Ball” using Striking skills**

Fitness Payback

National Standard: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Music: Keep the Ball Rolling by Jay & the Techniques

Equipment: Foam Bowling Pins & Water Noodles

How to Play: Use foam pins and Dinoskin balls- Each student has a pin and a ball. Roll your ball and attempt to knock down the other player's pins. Once the player rolls the ball other people may use their ball too. The ball no longer belongs to the original player. If your pin is knocked down you must do 3 Jumping Jacks/Jills before you can place your pin back in the upright position. If you leave to get a ball and your pin gets knocked down while you are gone you still must do the exercise that is required.

Variation: Note: (You may change the exercise required when a pin is knocked down)

Use Water Noodles and Bend them into a "U" shape to play the game.

Hold one end in each hand and "No High Sticking" Protect your Foam Bowling Pin

Noodle Hockey- (Chip Candy)

National Standard: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Music: Keep the Ball Rolling by Jay & the Techniques

Equipment Needed: Water Noodles- Item # 8052, 18" Cones and Pugg Goals

How to Play: We play with 7-8 players on each team, plus one goalie. Goals are set up using 2 cones or 2 Pugg Goals on the end-lines the width of the lane. Each team has a set of pool noodles that are the same color, but different than the opponents, and a different color for the goalie. The noodle is held with 2 hands at either end, bending it into a U shape...that is the hockey stick...and we use 3 Dinoskin balls in the game. When the game begins, scoring on the goal is from the front and the ball must roll or bounce through to be counted (below cone level or inside the Pugg Goal.). The rest of the rules

a. No playing the ball with the feet.

b. No checking, no tripping, etc.

c. No sliding, or going down on the knees to play the ball.

d. The ball may be played off the wall, but players may not contact the wall.

e. A score is only counted when the player comes and high 5's the teacher.

f. Subbing is done "on the fly", meaning that when you get tired you come out and give the stick to the first person in line on your team, and then go to the end of that line.

g. All penalties for infractions are 30 seconds out of the game (with your stick...your team plays short). Repeat infractions carry a longer time in the penalty box.

Variations: Play the game in small groups of 2 vs. 2 or 3 vs.3 or Try Four Goal Noodle Hockey