

Power Skills

Great Games

Moving skillfully and thinking strategically

KEEP AWAY

Ready

Learn The Skills

- Warm-up by doing some walking type activities then some light stretching.

Practise your passing and catching skills

- Invite a parent, family member or friend to join you or practise using a wall.
- Find a basketball or a medium size ball.



Key Features of the chest pass:

- Keep your eyes on the target.
- Place hands on the sides of the ball.
- Elbows in, ball at chest height.
- Take a step forward as you pass.
- Finish the pass with palms facing out and thumbs down.

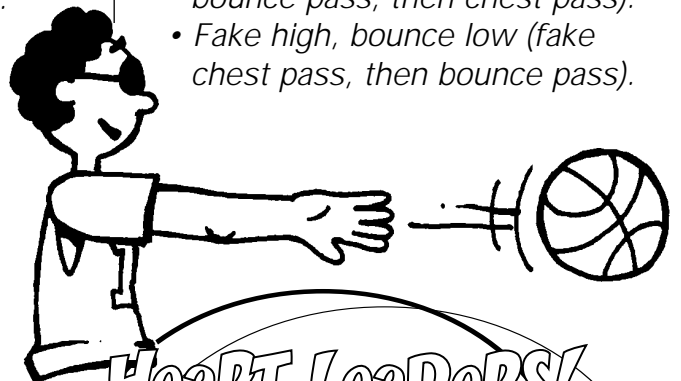
Bounce Pass

A bounce pass is the same as the chest pass except you aim the ball to the floor, 2/3 of the distance between you and your partner.



Practise passing using a variety of passing strategies:

- Chest pass.
- Bounce pass (one or two bounces).
- Fake left, pass right.
- Fake low, pass high (fake bounce pass, then chest pass).
- Fake high, bounce low (fake chest pass, then bounce pass).



Heart Leaders!

Invite a younger family member or neighbour to join you. Teach them what you know!



Practise Catching the Ball

- Keep your eyes on the ball.
- Stay on your toes so you can move quickly to get behind the ball.
- Keep your hands up in front of you.
- Cushion the catch by bringing the ball towards your body.

Power Skills



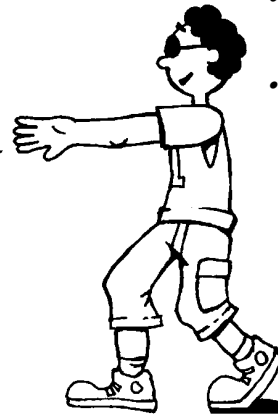
Set!

- Invite two friends or family members to join you.
- Use hats, shoes, paper or chalk to mark off the playing area.



Go!

Play the game.



Variations:

- Change the size of the playing area.
- When you have the ball - your feet can't move.
- Add extra players as both Passers and Interceptors.



Learn the Game

- Kevin is the player in the middle or the "Interceptor". He decides on the size of the playing area.
- Monica and Abdul are the "Passers" who throw the ball back and forth trying to keep the ball away from Kevin.
- If Kevin catches the ball or the ball goes out of bounds - the person who threw the ball is now in the middle.
- Switch positions after 10 throws.

Strategic Thinkers: THINK, PLAN, DO!

Defense (Interceptors)

To intercept a pass, is it better to guard the passing or throwing person? Why?

Offense (Passers)

What are some good strategies for getting a pass around an Interceptor?

Discuss with a parent, coach or teacher.

Play "Keep Away" using different equipment. Can you play using:

- A tennis ball
- A soccer ball
- Hockey sticks
- A sock ball
- A badminton birdie
- Balloons



Heart Leaders!

Organize a game of keep away at school. Modify the game:



- To include more people.
- To make it cooperative.
- To be played in all four seasons.

Send us your ideas! HeartHealthyKids@hsf.on.ca