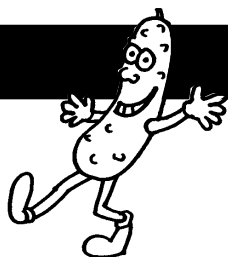


# Power Skills

## Great Games

Moving skillfully and thinking strategically

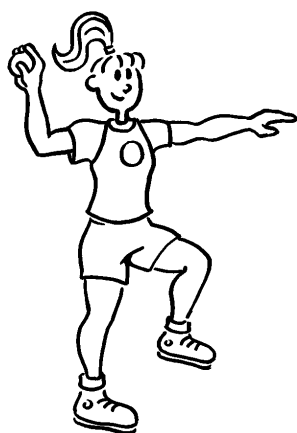
### PICKLE



#### Ready

Learn the skills

- Warm-up by doing some walking type activities then some light stretching.
- Invite a friend to join you.



#### Practise throwing to a moving target

- Stand sideways to the target.
- Keep your eyes on the target.
- Make a big "J" with your arms.
- Feel a stretch in your shoulder.
- Rock back on your back leg.
- Step forward as you throw with your front foot.
- Twist your hips so your stomach is pointing at the target.
- Your arm finishes down and across the body (pretend to scratch the opposite knee).

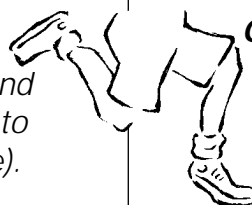


#### Good runners:

- Look ahead.
- Swing their arms. Hands to shoulder height.
- Bring their knees to waist height.

#### Good runners also:

Bring their trail leg up to their seat. Pretend to kick your seat with your heel.



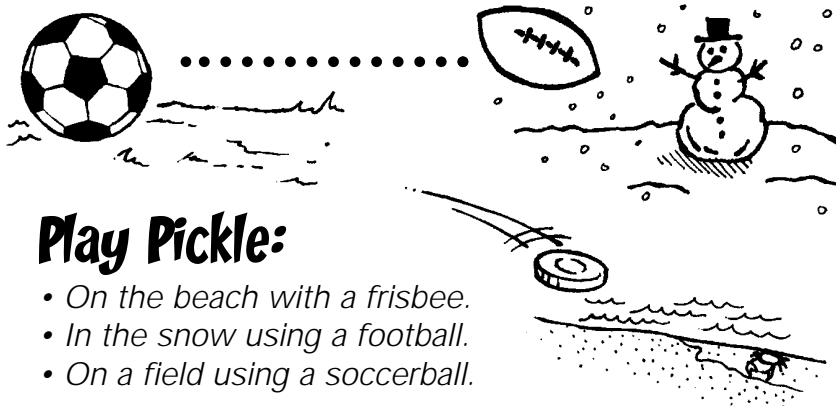
### Heart Leaders!

Teach a younger brother, sister or neighbour how to throw, catch and run!



#### Play Pickle:

- On the beach with a frisbee.
- In the snow using a football.
- On a field using a soccerball.

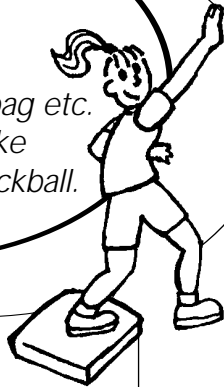


# Power Skills



## Set!

- Set up 2 bases using chalk, hat, bag etc.
- Find a small ball like a tennis ball or sockball.



## GO!

Play the game, have fun!

## Turn up the heat!

You add the challenge!

## Learn the Game

- One player is the runner (like Jack). The other two are the base-players (like Monica and Kevin) who toss the ball back and forth between bases.
- Whenever Jack sees an opportunity, he tries to run to the other base without being tagged. Monica and Kevin throw the ball to each other to make it difficult for Jack to steal a base untagged. Jack doesn't want to get in a 'pickle' by being caught between the bases.
- Tagged runners are replaced by the base-player that touched them.



- Add twice as many bases as you have base players.
- Re-arrange the bases in a zig zag pattern.
- Set a time limit for holding the ball (3 secs).
- Add 2 runners – try to make a double play.

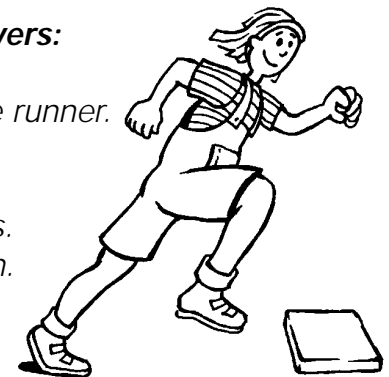
## Strategic Thinkers: THINK, PLAN, DO!

### Strategic moves for base players:

- Fake your throw.
- Move off your base to tag the runner.

### Strategic moves for runners:

- Lead off the base a few steps.
- Wait for a "wild throw" to run.



What works best for you?

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## Heart Leaders!

### Play it your way!

Change the boundaries, equipment or number of players. Use different rules such as using only the underhand throw or changing the number of steps allowed. Think of creative options to make it more challenging!

