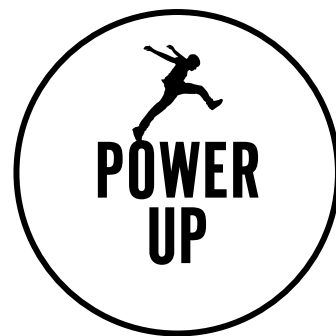


READY, SET, GO!



[1 OF 10]



No matter the age group, it is recommended that you begin with level 1.

PLACE Indoors/outdoors

PARTICIPANTS Unlimited

SUGGESTED DURATION 40-60 minutes

GOALS

- To be able to handle a variety of objects
- To use creativity by reaching an objective in different ways

MATERIALS

- Soccer ball + goal (hockey, handball or soccer)
- Basketball
- Frisbee
- Hockey stick + ball
- Baseball (or tennis ball)
- Tchoukball trampoline (optional) + ball
- Points sheets + pencils
- You can modify your materials depending on available equipment.

INTRODUCTION

More and more, we see people who perform incredible feats on the Internet like throwing a basketball into a hoop from the 10th floor!

Contrary to what we see in the video, it is very rare that these people succeed the first time they try. They had to practice and practice and practice. Now it's your turn to perform similar feats – here are some tips for success!



DIRECTIONS

- Present the introduction to kids.
- Explain the workshops and do a demonstration for each workshop. If your kids are between the ages of 9 and 12, present each workshop, then refer them to the workshop sheets so they can see the level of each workshop.
- Hand out a points sheet so they can take note of what they accomplished during the session.
- Give them 5 to 10 minutes for each workshop, then rotate.

Special collaboration:



Sport for Life



WORKSHOP I

THROWING A BASKETBALL



[2 OF 10]



No matter the age group, it is recommended that you begin with level 1.

There's nothing more impressive than shooting hoops from an impossible distance. Let's find out how you can do it!

Level 1	Throw the basketball in the hoop from an easy distance (such as in front of the free-throw line on a basketball court)
Level 2	Throw the basketball in the hoop from an average distance (such as at the free-throw line on a basketball court).
Level 3	Throw the basketball in the hoop from a difficult distance (such as the three-point line on a basketball court).
Level 4	Throw the basketball in the hoop from a distance that seems impossible (such as the centre of a basketball court).
Level N	Repeat number four and add a variation (throwing backwards, jump 360° before throwing, with your eyes closed, etc.).

How to do it

There are lots of ways to throw:

- ▶ Regular basketball throw
- ▶ Two-handed throw
- ▶ Dodgeball throw (for stronger throwers)
- ▶ Other crazy throwing techniques!



Choose the throwing technique that works for you!

Special collaboration:

 **Sport for Life**

 **PARTICIPACTION**

WORKSHOP 2

SOCCER KICK



[3 OF 10]



No matter the age group, it is recommended that you begin with level 1.

Do you compare yourself to soccer gods like Messi and Ronaldo? Practice is the only way to reach their level. Here's a training exercise to help you get there!

Level 1	Kick the ball into the goal from a reasonable distance.
Level 2	Kick the ball to strike a specific target on the ground (a bowling pin, another ball or a trash can on its side).
Level 3	Kick the ball and hit the horizontal bar or another target in the air (if there is no goal, place a bar or kick higher than a specific point).
Level 4	Kick the ball into the top corner of the goal (or into a hoop, aiming for the top corner).
Level N	Repeat number 4 and add a variation (kick with your non-dominant foot, do a 360° jump before kicking, with your eyes closed, flying kick, etc.).

Making it happen

Use precision to reach your objectives!
There's no need to use full force to do it!



Kicking the ball at shoelace height is a possible technique for succeeding at these levels.

Special collaboration:



WORKSHOP 3

FRISBEE



[4 OF 10]



No matter the age group, it is recommended that you begin with level 1.

Frisbee is a sport that's becoming more and more popular. Frisbee masters are impressive to watch! With practice, you'll be able to do it, too!

Level 1	Reach a certain distance with the Frisbee (such as passing a cone)
Level 2	Throw the Frisbee at a target (such as a garbage can, bin or all...)
Level 3	Reach a particular object with the Frisbee (such as bowling pin, ball, cone)
Level 4	Throw the Frisbee into a basketball hoop OR an air target (such as another ball tossed in the air or another Frisbee...)
Level N	Repeat number 4 and add a variation (use a different throw with the Frisbee (backwards, hammer throw, etc.), do a 360° jump, with your eyes closed, etc.)

Making it happen

It's easier to control a Frisbee if it is thrown as straight as possible and parallel to the floor. If it's tilted when you throw it, it's more likely to go in a different direction than the one you want.



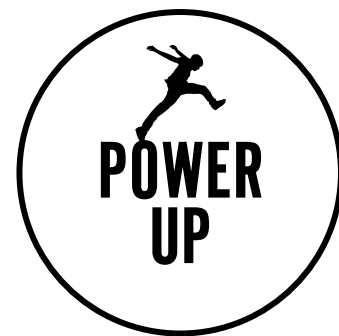
Throw the Frisbee as straight as possible.

Special collaboration:



WORKSHOP 4

BASKETBALL BOUNCE



[5 OF 10]



No matter the age group, it is recommended that you begin with level 1.

Whoever said there's only one way to throw a basketball into a hoop? Surprise yourself and try to make a hoop by bouncing the ball on the floor!

Level 1	Bounce the basketball into the basket from an easy distance (such as in front of the free-throw line on a basketball court).
Level 2	Bounce the basketball into the hoop from an average distance (such as at the free-throw line on a basketball court).
Level 3	Bounce the basketball into the hoop from a difficult distance (such as the three-point line on a basketball court).
Level 4	Bounce the basketball into the hoop from a distance that seems impossible (such as the centre of a basketball court).
Level N	Repeat number 4 and add a variation (throwing backwards, do a 360° jump before throwing, with your eyes closed, etc.)

Making it happen

You must use your strength to bounce the ball on the ground. Often, people succeed at this challenge by throwing the ball with both hands towards the ground just in front of the hoop. You can try different techniques – it's up to you.



Use your strength!

Special collaboration:



WORKSHOP 5

HANDBALL/ BASEBALL



[6 OF 10]



No matter the age group, it is recommended that you begin with level 1.

Throwing a ball or a baseball is easy... isn't it? Maybe, but watch out... challenges await you!

Level 1	Roll the item on a bowling pin or target.
Level 2	Throw the object directly onto a target from a reasonable distance.
Level 3	Throw the object from a further distance directly onto a target.
Level 4	Throw the object and bounce it from the wall onto a target.
Level N	Repeat number 4 and add a variation (throw with your eyes closed, do a 360° jump before throwing, bounce the object off several walls/targets before the target, etc.)

Making it happen

When you throw a ball or baseball, don't forget the basic technique: the throwing arm behind you, opposite arm forward and transfer your weight forward.



Don't forget the basic technique!

Special collaboration:

 **Sport for Life**

 **PARTICIPACTION**

WORKSHOP 6

HOCKEY



[7 OF 10]



No matter the age group, it is recommended that you begin with level 1.

Throughout his life, Sidney Crosby practiced by shooting pucks into a washing machine in the basement. Today, he's one of the best hockey players of all time. Here's an exercise inspired by this great player that will test the accuracy of your hockey skills!

Level 1	Shoot the ball into a goal from a reasonable distance.
Level 2	Shoot the ball into a goal from a distance that's further than usual.
Level 3	Shoot the ball from a distance and hit one of four targets in the four corners of the net.
Level 4	Take 10 shots from a reasonable distance and hit the four targets in the four corners of the net.
Level N	Do number 4 with as few shots as possible OR do number 4 from further away.

Making it happen

Here are some shot techniques to help you reach these goals:

- ▶ Passes
- ▶ Sweep shots
- ▶ Wrist shots
- ▶ Slap shots



If you find another technique, let us know!

Special collaboration:



WORKSHOP 7

TCHOUKBALL



[8 OF 10]



No matter the age group, it is recommended that you begin with level 1.

Here's an object often used for impressive trick shots: a trampoline. No, it's not a trampoline for jumping on – it's a trampoline for balls! Experiment with these challenges and get inspired to create new ones if you succeed at all of them!

Level 1	Throw the ball on the trampoline and catch it.
Level 2	Throw the ball on the trampoline and have it land in a nearby bin or on a target.
Level 3	Throw the ball on the trampoline have it land in a bin or on a target that is farther away.
Level 4	Throw the ball on the trampoline and have it land in the basketball hoop (install the trampoline so that this is possible: prop the trampoline up using a balance bench, for example, so it is facing upwards).
Level N	Do number 4 with a variation (use another object such as a soccer ball, a baseball, a frisbee, add in jumps before throwing, use more than one trampoline, etc.)

Making it happen

To succeed at certain challenges, you may need to throw your ball downwards rather than throw as you usually do. Experiment with different ways of bouncing the ball on the trampoline to see how it reacts when you're throwing several times in a row!



Experiment with different ways of throwing!

Special collaboration:

