

FLAGHOUSE

STRIKE 3!

**Chip Candy and John L. Smith,
National Presenters
Retired Physical Education Teachers,
National Physical Education Teachers of the Year
Educational Consultants, FlagHouse Inc.**

This super active session will focus on striking skills using the hands as the striking instrument. Leadups, skills and games will be introduced with partners and teams working together on all three games. Striker is played with the ball on the ground, Spikeball is played off the net and 9 Square is played in the air. Join Chip and John with 3 very active, quick and fast paced games. If there is time we will also add partner 4-Square.

Striker #14203



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.

9 Square in the Air! #19657

This is one of the best new games for large groups and exciting play. Volleyball, 4 Square and Spikeball all in one!



Spike Ball

19611



This fast and intense 2-on-2 game can be played anywhere...indoors or out! Similar to volleyball, 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! Spikeball enhances eye-hand coordination, agility and fitness, while focusing on teamwork. - See more at: <http://www.flaghouse.com/Recreation/Outdoor-Games/Other-Outdoor-Games/Spikeball>.

Lead up for elementary school:

- Use 7" medium bounce coated foam Dino Skin ball
- Serve and catch
- Serve, pass back and catch
- Serve, pass back, spike and catch
- Use hula hoop on floor to do the above skills
- Progress to using Spikeball net
- Change to Spikeball yellow ball for above skills
- Progress to using Spikeball net and ball
- Play the game

Partner Four Square

Objective:

- Striking skills to direct ball into opponent's square.
- To occupy the #1 square

Serve: the ball is dropped and bounced and hit in an underhanded motion with 2 hands.

All hits must be underhanded but after the serve you may use 1 hand hits.

Faults:

1. Hitting the ball sidearm or overhand
2. Landing the ball on an inside line
3. Stepping in another square to hit the ball
4. Catching or carrying the ball
5. Allowing the ball to touch any part of the body except the hands
6. Not alternating shots (partner 4 Square)

2	3
1	4

The team scored upon moves off, other teams move up to fill in places and next team comes on.








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