

# ACTIVITY SHEETS

## SCOOP BALL

### JUNIOR SOF-CROSSE

Scoop ball sets are a cheaper and easier to use version of the sof-crosse stick. Similar rules to those used in sof-crosse can be employed using the scoop ball sets.

### SCOOP BALL SOFTBALL

- Two teams of even numbers. One begins fielding, the other is scooping.
  - The field is set up like a softball diamond
  - The scooping team, one at a time, stands at home plate and scoops the ball as far as possible, away from the fielding team
  - The scooper runs the bases, scoring a point as each base is passed (a home run is worth 4 points)
  - At the same time the fielding team scoops the ball up and scoop passes it back to the catcher.
  - The fielding team can not move when they have the ball.
  - Once the ball reaches the catcher a whistle is blown and the scooper stops running the bases.
- His/her point score is added to the rest of the team.
- Teams swap when all members of the scooping team have scooped.

### KEEPING OFF

An alternative idea to the traditional game of keepings off, where students generally use a ball and throw it to each other. Will take some time perfect, but will assist in the development of eye hand coordination.

### THROW & CATCH

Scoop sets are a popular alternative in the development of throwing and catching skills. Ball can also be delivered to your partner on the bounce. Using an outside agency, such as a scoop ball set can improve both skill and motivation.

### SCOOP BALL ARCHERY

- Draw up a target on a wall, or use an existing target.
- Students have three arrows (balls) each to score as many points as possible.
- The highest score wins.