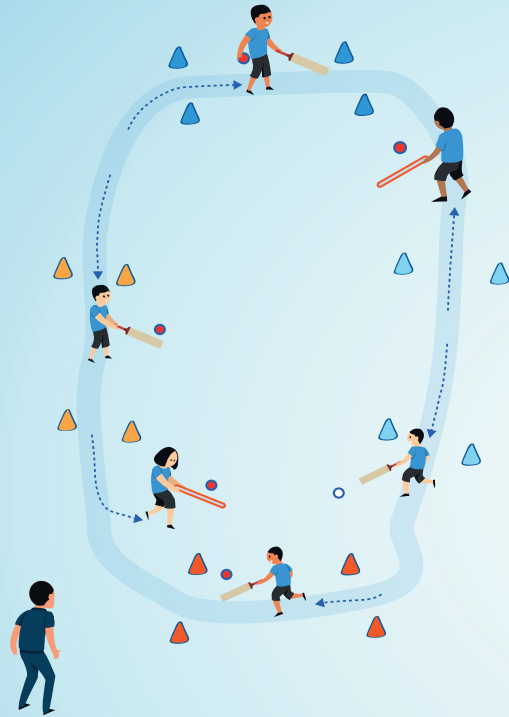


THE SPACE RACE



Aim

- ✔ Watch and hit a moving ball with a free swing of the bat.

Equipment



Organisation

- ✔ Players need to visit as many 'planets' (sets of cones) as possible by dribbling the ball with their bat
- ✔ Players can visit the planets in any order
- ✔ Activator should aim to get as many players moving as possible
- ✔ With more space, include more planets.

CHANGE IT! Adaptation / Variation

Easier:

- Use larger ball
- Decrease the size of the course and /or increase the size of the planets
- Play in teams
- Move around without the ball.

More Challenging:

- Sidestep/different ways of moving between each planet; figure of 8 at each planet
- Bounce ball on bat
- Use stump instead of a bat.

COMPETITION CORNER

Working in pairs and having a time limit to meet as many planets as possible will create a more exciting and competitive game.

GET THE ADULTS INVOLVED

To make things more fun and challenging for your All Stars introduce adults into the space to act as 'aliens' that get in the way and other adults with beanbags that they can throw at the balls as 'meteors'.