



Throwing: Rip'N'Grip Throw

Equipment:

Rip'n'grip board and balls, marking tape.

Set-up:

Mark a line using the marking tape and place rip'n'grip board six paces from the line. The balls will be placed at the marked line.

Description:

This activity will require the students to throw the rip'n'grip balls accurately at the rip'n'grip target board. This activity will develop a sound rotary throwing technique.

Instructions:

The student must stand side-on to the target to throw the balls. Each student will have 5 balls to throw at the rip'n'grip target board. The closer the student gets to any of the desired targets, the higher they will score.

Scoring:

The coach will determine which student threw the balls closest to the desired targets and award the most accurate student a 3. Runner-up will score a 4. All other students will score a 5.

