## Warm up:
## Head, shoulder , knees and toes

**Equipment:**
15 socks, 8 single shoes, something to throw
(ball, socks, wellies)

- Working with a partner stand opposite each other,
  either use a third person to shout commands or take it in turn in your pair.
- Touch all of your own body parts other than when the command is knees.
- The winner is the quickest to touch the other persons knees.
- Try this back to back and lied down, to make it more interesting.
- Do this for a few minutes and make sure your body and mind are stimulated.

## Main activity challenge: Cookie Monster

## Coaching points:
- Start behind a starting point of your own (this is your throwing area)
- Take 5 socks and scatter them in a line roughly 2 metres from your throwing area.
- These socks are white choc chip cookies, you are going to throw your ball and hit all five 'cookies'
  as fast as you can.
- Once complete add a second line of 'cookies' roughly a metre behind the first line, these
  are strawberry pancakes. How fast can you hit both lines?
- Repeat for a third time, these will be mint choc chip ice cream balls.
- You can either:
1. See how fast you can hit all the pieces of equipment.
2. Use the following scoring system: white choc chip are worth 1 point, strawberry pancakes are 2 points and mint CC ice cream is 3 points.

How many points can you get whilst being timed?

- Using underarm and aim for accuracy, try and change your throwing technique depending which targets you're aiming for.

## Questions:
- How can you beat your score?
- The ball only has to hit the target. Could you hit more than one at one time? Would rolling be better?

## Differentiation:
- If this task is too challenging – bring the targets closer or use bigger targets such as t-shirts.
- If this task is too easy – use shoes as point obstacles, you can call them blue berry muffins.
  If you hit a shoe you lose points or start again.

Please customise the game to suit your ability, if pressure is something you don't want, take out timing and concentrate on good technique and accuracy.

**Hard**  **Easy**

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