

# JACKPOT

**WHAT IT DOES**  
HELPS TO DEVELOP  
THROWING AND AIMING  
SKILLS AS WELL AS AN  
UNDERSTANDING OF  
DISTANCES, BALL SPEEDS  
AND POWER.

**WHAT YOU NEED**  
3 (OR MORE) BUCKETS OR  
CARDBOARD BOXES AND 3 (OR  
MORE) SMALL BALLS.

## HOW TO PLAY

Place the 3 buckets in a line, about one step apart. Make a starting position about a step from the first bucket (so that buckets 2 and 3 are 2-3 steps further away from you).

Try to land one ball in each bucket.

Create a scoring system to see who can score 10 points first. Score 1 point for bucket 1, 2 points for bucket 2 and 3 for bucket 3.

## TRY THIS

Change the starting position so you have to throw further or from an angle. Alter the position of the buckets to challenge the direction of the throw. Change the throwing hand or style eg. right hand, left hand, both hands, underarm, overarm, under a leg. You could even face away from the buckets and throw over your head. That's a great test of co-ordination and spatial awareness!

Tips: Encourage kids to make their throwing arm extend towards the target bucket. The further away the target is, the more the arm has to extend away from the body. Make sure you take a turn at throwing!





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