

Kicking Off Camp - Structured Free Play Morning Activities

**Can also be in the format of "Beat the Coach"*

- Bowling Roll (Best of 3 Rolls)
 - Set up 10 tall cones as pins (or use pins from Kid club bag)
- Frisbee Toss (Best of 5 tosses)
 - Set up a coned circle as the hole to toss Frisbee into
- Jump Rope
 - As many jumps in 1 minute
- Bocce Roll (Best of 3 rolls)
 - Use a tennis ball as the marker and use dodge balls as the bocce balls to roll closest to the marker
- Penalty Shot (best of 5 shots)
 - Soccer or FH shots
- Trivia Challenge
 - Write 5 Trivia questions on the white board for the kids to figure out
- 40yd Dash (Timed)
 - Individual or in Heats
- Accuracy Throw (best of 5 throws)
 - Set up circles as targets in field – use footballs/dodgeball/tennis balls
- Distance Throw (best of 3)
 - Baseball (Tennis Ball), Football, Frisbee, etc.)
- Soccer Juggle
 - Using only designated body part (Knee, Foot, etc) or freestyle
- Basketball Shot (best of 3 shots)
 - Or timed format
- Card House Challenge
 - Break into groups to build card house (using playing cards)
 - Object to have the highest house