



# The OTA iPlay “Home Game”

## Theme: All-Star Week

### Iron-Kid Warm Up

1. 1 Minute Jog
2. 10 Jumping Jacks
3. 15 Rocket Launchers
4. 20 Second Plank
5. 25 Second Body Twist

Completed: \_\_\_\_\_

### NBA Challenge

- Dribble Skills Challenge
- Shooting Skills Challenge
- 5-4-3-2-1!

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_

### MLB Challenge

- Catching Skills Challenge
- Pitching Skills Challenge
- Home Run Derby

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_

### NFL Challenge

- QB Skills Challenge
- Pass Pattern Skills Challenge
- Punt Return To The House (and endzone dance)

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_

### NHL Challenge

- Stick Handling Skills Challenge
- Slap Shot Skills Challenge
- One Time

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_

### MLS Challenge

- Dribbling Skills Challenge
- Shooting Skills Challenge
- Penalty Shot

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_



**PGA Challenge**

- Chipping Skills Challenge
- Putting Skills Challenge
- Hole in One

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_

**ATP Challenge**

- Ball Balance, Tap Downs, Bump Ups Challenge
- Drop, Hit, Catch Skills Challenge
- Aces

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_

**NCAA Challenge**

- Volleyball Bumps
- Lacrosse Scooping and Cradling
- Handball Shooting
- Jump Rope Skills Challenge
- Ultimate Frisbee Toss

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_

Completed: \_\_\_\_\_



### **Game Plan: Directions and Instructions for “All-Star Week”**

\*Note – we have tried to develop a program with as much flexibility as possible understanding that age groups, available sports equipment, space constraints, level of parental/guardian involvement all varies. The number of “repetitions” your “team” decides to do is up to you. If you’re having fun, keep doing it. If one is enough – move on! Feel free to substitute, modify, alter, improvise wherever needed.

#### **NBA Challenge**

- **Dribble Skill Challenge (need basketball, or any ball that bounces, cones or marker)**
  - dribble in place, thru legs, around back
  - dribble right/left hand down to marker and back
  - dribble cross-over down to marker and back
- **Shooting Skill Challenge (use basket or anything you can make, trash can, etc.)**
  - Merry-Go-Lay-Ups
    - player goes round and round trying to make as many as you can in 1 minute
  - Hot Shot Shooting
    - create 4 “spots” for jump shots
    - player rotates to each spot attempting jump shots
    - keep track of how many made in three rounds
- **5-4-3-2-1! (count it down, if you have a horn or whistle, use it)**
  - Last second shot to win the game – lay-up
  - Last second shot to win the game – jump-shot
  - Last second shot to win the game – three-pointer

#### **MLB Challenge (use whatever ball works, no need for glove if ball is soft or wiffle)**

- **Catching Skills Challenge**
  - Ground Ball Eliminator
    - player stands ready 15-20 yards away, ball hit or rolled for them to field/stop
    - can also do “pop-ups”, can also have player throw against wall to generate ground balls and pop-ups.
- **Pitching Skills Challenge (create target with tape, or be the catcher)**
  - Strike’m Out
    - Player tries to hit the target as many times as they can in a row
- **Home Run Derby**
  - set up “fence”, use tee/throw pitches, player can toss to themselves to hit it “out”)
  - Set time, number to hit, or “outs” for any ball that isn’t a homerun



**NFL Challenge (use any size football, or roll up socks for football substitute)**

- **QB Skill Challenge**
  - player gets on knees and faces target to throw
  - player has one knee down, one leg up and faces target to throw
  - player stands stationary on both feet faces target to throw
  - player runs left/right then faces target to throw
- **Pass Pattern Skill Challenge (can be done without receiving pass or with receiving pass)**
  - **5 Yard Curl**
    - The Wide Receiver (WR) runs up the field 5 yards, stops, and returns back towards the Quarterback (QB).
  - **5 Yard Out**
    - The WR runs up the field 5 yards and cuts to the sideline.
  - **8 Yard Post**
    - The WR runs up field 8 yards and cuts toward the center of the field on a 45-degree angle.
  - **Streak**
    - The WR runs straight up the field as fast as possible.
  - **Post Corner**
    - The WR runs up the field. At 8 yards he cuts toward the center of the field and after 2 yards run towards the center of the end zone.
  - **5 Yard Smash**
    - The WR runs up the field 5 yards and then turns toward the QB and side shuffles with body facing the QB.
- **Punt Return To The House (and endzone dance)**
  - create endzone
  - punt or toss balls in the air towards player
  - player catches punt and run forward to the endzone
  - touchdown dance!



### **NHL Challenge (can substitute broom for hockey stick, ball for puck)**

- **Stick Handling Skill Challenge (create point to point markers)**
  - dribble puck/ball with stick down and back
  - dribble puck/ball with stick down and back thru obstacles
- **Slap Shot Skill Challenge (create goals with cones, lines, buckets, etc.)**
  - identify targets (goals or spots in the goal)
  - wrist shot target practice – this shot is a “flick”
  - slap shot target practice – this shot is a “power-swing”
- **One Time**
  - roll ball/puck to player
  - player “one-time” slap shot at goal (strike ball without trapping/stopping it first)

### **MLS Challenge (use any ball you can kick safely)**

- **Dribbling Skill Challenge (create point to point markers)**
  - dribble ball down and back
  - dribble ball down and back thru obstacles
- **Shooting Skill Challenge (create goals with cones, lines, buckets, etc.)**
  - Give and Go
    - player passes parent/guardian, pass is returned to player breaking towards the goal
    - player shoots at goal with a “one-time” shot (strike ball without trapping/stopping first)
  - Battleship
    - create targets in playing space, designate position for “set-shot”
    - player attempts to hit target (or knock target down) with each shot
- **Game Winner - Penalty Shot (create goal)**
  - ball is stationary a predetermined distance from goal, directly in front
  - player shoots on goal like a penalty shot to “win the game”



### PGA Challenge

- **Chipping Skill Challenge (set up area with holes, targets, flags)**
- **Can use soft or plastic golf balls**
- **Can use socks and wiffle ball bat**
- **Can use “foot” for “foot golf”**
  - Driving Range Set Up
    - “half swing” for chipping – “driving range”, with targets
  - Around the World
    - place one target in the middle with balls circling it
    - player chips each ball at target, distances can vary for each chip
- **Putting Skill Challenge (can be done on a rug or grass)**
- **Can use mug or cup for holes**
  - Putting Green Set Up
    - Change distances – “putting green”, with holes/targets
  - Mini- Golf Course
    - create 9 “holes” with starting points and obstacles (be creative)
    - player tries for lowest score on each hole
- **Hole in One**
  - create large circle (rope, net, cones, etc.)
  - set up “tee box”
  - player gets one shot to make “hole in one”
  - change distances if possible each round

### ATP Challenge (can use any paddle, racquet, etc.)

- **Ball Balance, Tap Downs, Bump Ups Challenge**
  - **Ball Balance:** players must try and keep the tennis ball balanced on the racquet strings while touching the ground with their opposite hand
  - **Tap Downs:** try to bounce the ball down at waist level
  - **Bump Ups:** try to bounce the ball up eye level without letting the ball touch the ground
- **Drop, Hit, Catch Skill Challenge**
  - **Drop, Hit, Catch:** player drop hits a ball very gently to target or wall (in wall case, catch upon rebound)
- **Aces**
  - create target area (tape on wall, bucket, net/goal, etc.)
  - player tosses ball in air and tries to hit it at the target



### **NCAA Challenge**

- **Volleyball Bumps (use any “soft” ball – dodgeball, nerf ball, beach ball, etc.)**
  - player should be in a good athletic stance.
  - toss ball gently in the air
  - hands should be together making one flat fist
  - when ball comes down, player should let the ball hit them, instead of striking it up
  - keep track of how many times player can bump volleyball in a row without it hitting the ground
- **Lacrosse Scooping and Cradling**
  - scoop in one smooth motion
  - player must allow your body to get low, bend knees. Knuckles to the ground
  - keep hands in proper position, hand at butt and under head of stick. No ‘shoveling’
  - do not scoop with one hand on stick
  - do not rake the ball into your stick unless absolutely necessary
  - bottom hand at butt of stick. Top hand under head of stick
  - cradle with head of stick around shoulder area
  - do not drop head of stick when cradling
  - top hand moves as though you were pumping fist (pumping a bar bell)
  - girls cradle across their body – ear to nose
- **Handball Shooting (use any “soft ball”, rolled up sock, etc.)**
  - create goal with tape, net, etc.
  - step and throw motion like in baseball
  - set shot – stationary
  - jump shot – in motion
- **Jump Rope Skill Challenge (can use rope if need to)**
  - basic jump
  - jogging jump
  - backwards jump
  - crisscross jump
  - double jump
- **Ultimate Frisbee Toss (can use any saucer, paper plate, etc.)**
  - set up targets at varying distances
  - aim for targets and use frisbee throw to attempt points for hitting target