



The OTA iPlay “Home Game”

Theme: Challenge Week

Iron-Kid Warm Up

Completed: _____

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

Well... with the passing of Memorial Day, we guess the “school year” should fade into summer. Wrapping up OTA’s iPlay Home Game Session is CHALLENGE WEEK! Can you play like the PRO’S? We have selected a variety of sports and activities to test your ability to recreate some of the most exciting moments in sports. Below are a number of challenges that include video clips of how the PRO’S did it. Keep trying till you get it, and don’t forget to celebrate like a CHAMPION. Thanks for playing.

Challenges

SOCCER

- Juggling Completed _____
- Banana Corner Kick Completed _____

BASKETBALL

- Finger Ball Spin Completed _____
- Half Court Buzzer Beater Completed _____

BASEBALL

- Centerfield Over The Wall Catch Completed _____
- Shortstop Deep In The Hole Throw Completed _____

FLOOR HOCKEY

- Accuracy Skills Shot Completed _____
- Goalie Save Streak Completed _____

FOOTBALL

- Receiver Drag The Toe Inbounds Catch Completed _____
- QB Hail Mary Throw Completed _____



Game Plan: Directions and Instructions for “Challenge Week”

*Note – we have tried to develop a program with as much flexibility as possible understanding that age groups, available supplies and 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.

**Set up challenges on a playing field or court (yard/driveway) or re-create the play in your play-area or living room using ‘homemade goals’ and socks, pillows, etc. to give the challenge the Big Game feel.

***This week if you have the capability to take a video clip of the challenge, go ahead and do it and send it to OTA (Directions for submittal included above and in Intro Email).

Soccer Challenges

- **Juggling – How Many Can You Do?**
 - SAMPLE: <https://www.youtube.com/watch?v=UeiNdPaQ1IA>
- **Banana Corner Kick Goal**
 - SAMPLE: <https://www.youtube.com/watch?v=bn71lqxE5A4>

Basketball Challenges

- **Finger Ball Spin**
 - SAMPLE: <https://www.youtube.com/watch?v=f-sq1CCbet4>
- **Half Court Buzzer Beater**
 - SAMPLE: <https://www.youtube.com/watch?v=uEtYJTAsNmg>

Baseball Challenges

- **Centerfielder Over the Wall Catch**
 - SAMPLE: <https://www.youtube.com/watch?v=91P24mGwsmA>
- **Shortstop Deep in The Hole Throw**
 - SAMPLE: <https://www.youtube.com/watch?v=oxzR0RKRWTQ>



Floor Hockey Challenge

- **Top Shelf Shot**
 - SAMPLE: <https://www.youtube.com/watch?v=TT59s8KxUs4>
- **Goalie Save Streak**
 - SAMPLE: <https://www.youtube.com/watch?v=cyJosT75drM>

Football Challenge

- **Receiver Drag the Toe Inbounds Catch**
 - SAMPLE: <https://www.youtube.com/watch?v=4UfETho-Hw>
- **QB Hail Mary Throw**
 - SAMPLE: https://www.youtube.com/watch?v=r0vVqStvh_8