



# The OTA iPlay “Home Game”

## Theme: Creativity Club Combo Week “Trick Shots” and “ARTscape Projects”

### 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: \_\_\_\_\_

### Basketball Trick Shot Challenge

- Blind Folded Trick Shot
- Buzzer Beater Trick Shot
- Off The Wall/The Hook Trick Shot

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

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

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

### ARTscape:

- Draw Your Favorite Athlete

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

### Football Trick Toss Challenge

- The 360 Trick Throw
- Multi-Target Trick Toss
- Trickster-3 (Punt, Kick, Toss)

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

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

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

### ARTscape:

- Photo Fun – Snapshots Of Sports Action Poses

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

### Soccer Trick Shot Challenge

- Corner Kick Banana Shot
- Header Shot
- Upper 90 Shot

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

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

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

### ARTscape:

- Build A Sports Collage

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



**Plastic Bottle Trick-Flip Challenge**

- One and Done - Single Flip
- Two Hands - Double Flip
- Repeat – Domino Flip

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

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

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

**ARTscape:**

- **Make Your Own Jersey**

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

**Ping Pong Shot Challenge**

- One Minute Rounds
- Bounce Shot

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

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

**ARTscape:**

- **Create Your Favorite Stadium**

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



### **Game Plan: Directions and Instructions for “Creativity Club Combo 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 are having fun, keep doing it. If one is enough – move on! Feel free to substitute, modify, alter, improvise wherever needed.

### **Basketball Trick Shot Challenge (need basketball, any ball that’s soft, or ball of socks)**

- **Blind Folded Trick Shot**
  - Can use hoop in driveway or place basket anywhere in room (not near anything that can break)
  - Mark 4 Spots – Low Block, Wing, Foul Line, Three Pointer
  - Put a blind fold on
  - Try and make the shot from each spot
  - If it’s too easy place the basket somewhere else and try again!
- **Buzzer-Beater Trick Shot**
  - Can use hoop in driveway or place basket anywhere in room (not near anything that can break)
  - Take your basket and place it anywhere you want (minimum distance is 6 ft.)
  - Try to make your shot as quickly as you can (least amount of tries)
  - Move the basket further and further to make your longest shot!
  - End with the “Half-Court Winner”!
- **Off The Wall/The Hook Trick Shot**
  - Now get creative with making your shot, start with the Hook Shot
  - Now, try anything, you can go off the wall, through your legs, behind the back, etc.

### **Draw your Favorite Athlete**

- Any Athlete you want! Draw it on paper, computer, iPad, or however you would like!
- SAMPLE:





### **Football Trick Toss Challenge (use a football or any other ball you can throw/kick safely)**

- **The 360 Trick Throw (using a football and a safe target)**
  - Place a target in a safe area where you cannot break anything
  - At least 6 feet apart you are going to jump, do a 360 (a full spin), and try and throw and hit the target with your ball.
  - If it is too easy move the target a bit further and try again!
- **Multi-Target Trick Toss (You will need at least 3 balls and 3 targets)**
  - Place the targets wherever you like (they can be in a row or in random spots around the room/backyard)
  - "Snap" the ball to yourself to start and after each toss, quickly move to the next one
  - You must hit all three (or more) targets in a row without missing one, if you miss one you must start over until you get all three in a row!
- **Trickster-3 (Punt, Kick, Toss) (you will three balls and two targets)**
  - Place two targets anywhere you want
  - You must punt the first ball up into the air and catch it
  - Once you have caught it, place it on the ground and kick it to hit the first target
  - Once you hit the first target grab the second ball and toss it to hit the second target.

### **Photo Fun – Take Snapshots Of Sports Action Poses**

- Grab the camera, tablet, or phone to snap action shots of your favorite sports poses
- Copy a famous moment or simply create your own shot of scoring a goal, crossing the finish line, hitting a homerun, and many more!
- SAMPLE:







### Plastic Bottle Flip Challenge (you can use any plastic bottle filled with some water)

- **One and Done - Single Flip**
  - Take one bottle at a time (line up as many as you'd like) and try to flip it so it lands cap side up (without falling over)
  - Once you get one move on to the next plastic bottle.
- **Two Hands - Double Bottle Flip**
  - Take two bottles (one in each hand) and flip them at the same time and have them land cap side up at the same time!
- **Repeat – Domino Flip**
  - You've got 1 minute, how many times can you flip a bottle and have it land cap side up in that minute!
  - If that's too easy try the two-handed flip, how many can you get in one minute!

### Make Your Own Jersey

- Create your own version of a team jersey.
- It can be your favorite team or a custom team.
- Use a white tee-shirt, or a solid color tank-top
- Sample:





**Ping Pong Shot Challenge (use a ping pong ball or any other small bouncy ball, a solo cup or any other plastic cup)**

- **One Minute Rounds**
  - Place one plastic cup 6 feet from the shooting line.
  - How many you can make in one minute
- **Bounce Shot**
  - Make sure cup is on surface that ball can be bounced.
  - Now try and bounce ping pong ball into cup.
  - Add bounces – 2,3,4.

**Create Your Favorite Stadium**

- Find a picture of your favorite Baseball, Football, Soccer, Pro or College Stadium.
- OR – design your own custom stadium.
- Create it by drawing it, designing it on the computer, building it 3-d with whatever materials you prefer.

