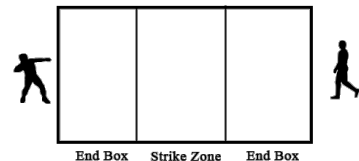


Boxball

Objective: To practice throwing technique

Description: Mark off an area of three boxes for every group of two athletes. The size of the boxes will depend upon the throwing ability of the athletes. One athlete will have an end box, the other athlete has the opposite end box, and the middle box is a strike zone. Both athletes stand outside their boxes and the first athlete comes to bat. The first athlete throws the ball (shot, discus, or javelin style) so the medicine ball bounces into his opponent's box. If it hits the strike zone or misses the box entirely it is considered a strike. Three strikes equal one out. If the ball goes into the opponent's box, then the opponent must catch it on one bounce, but may not step inside the boxes. If the receiving player catches the ball after one bounce, it is considered an out for the throwing player. If they do not catch the ball after one bounce, then each additional bounce is considered a base for the throwing player. Two bounces is a single, three is a double, four is a triple and five is a home run. After three outs, it is the other player's turn to throw. The winner is the player with the most runs at the end of nine innings.



Variations: Vary the size of the playing boxes. (1) If athletes get good at throwing the ball, make the boxes smaller. (2) If athletes have difficulty scoring make the boxes bigger.

Equipment: Medicine balls, boxes marked with chalk