

## *Excerpt from: Track & Field Self-Guided Workouts: Motivation and Activities*

### **Luck of the Draw Throws**

**Objective:** To perform throwing related activities based upon cards drawn

**Description:** You will need one deck of cards. Take a card without looking and then turn the card over. Remember your card. Return your card to the bottom of the pile. Perform the tasks designated on each individual card. When finished with the tasks, draw a new card.

<b>Luck of the Draw Throws Activity</b>	
Ace	10 med ball pounds into ground
King	10 shadow throws from shot power position
Queen	10 shadow throws from discus power position
Jack	10 shadow throws from javelin power position
Joker	10 shot glides
Odd number	10 discus spins
Even number	10 javelin cross overs

<b>Luck of the Draw Throws Recovery</b>	
Heart	Rest 1 minute
Spade	Jog 50 meters
Diamond	Rest 30 seconds
Club	Walk 50 meters and then jog back

**Variations:** (1) Perform the exercise on the card only and not the recovery. (2) Take multiple cards at once and complete the tasks that are assigned to them. (3) Take one card for the activity and one card for the recovery.

**Equipment:** Deck of playing cards

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