

STUCCO SET

Innovative ball game helps to develop throwing/catching skills and teamwork.

1. Dodge Ball/Brandy/Poison Ball type games

- Use it a variation of your dodge ball type game you already play – add in some stucco sets to use different equipment for increased enthusiasm. Slightly modify your rules or watch the students develop new tactics in their “new game”. When you get hit by the ball and it sticks to the velcro, you are “out”.
- Have a team of 4 with stucco vests on. The rest of the class is involved as throwers, trying to hit the students to get the ball stuck on the velcro. When all 4 team members have been hit, another 4 come to be the targets. Note: the bib can be turned around so that the velcro is on the back if you wish.
- Same as above – make it competitive between teams of 4 by having a timer. The team that can last the longest before all 4 team members have been hit is declared the winner!



2. Moving to position to get the ball in team games

- Use the stucco sets as a warm up activity to try to get the students used to running into position to receive the ball in team games – for example netball, basketball, soccer, etc. Have two teams – they could be of 5 players. You may play this warm up on half a basketball court. The aim of the warm up is for a team to score goals by getting the ball to stick to the velcro of the bib. If it sticks, it is a goal – depending on the age group, you may allow players to catch the ball and stick it on the velcro themselves. One person in each team has a bib on – the aim for this person is to keep moving around the court area so that they run into space & get free, thus increasing the chance of their team scoring. Watch your groups work together to try to score goals, watch your students really get the idea of moving into space to receive the ball – rather than just stand still and wait for the ball to come to them. Once you have completed the warm up, you may get into you lesson – it may be basketball – but you encourage the students to run into space to receive the ball, just like they did to score a goal in the warm up activity.

3. Fundamental Motor Skills

- Basic throwing skills – working in pairs, one person has the ball and one person has the bib on. The person with the ball is to throw the ball underarm to try to get it to stick to the velcro on their partner. Why this??.....by not using something like a tennis ball, the ball does not roll away as much when the partner does not catch it, therefore saving time for more throws.