

First Ball

ACTIVITY SHEET 006

Objectives: Reinforce the importance of the first ball, work on and evaluate the first balls.

Number of players: Individual exercise

Equipment:

- Jack
- First red ball
- First blue ball

Set up:

Have the "Chart for Evaluating first throws" either electronically or printed. See the appendix of this sheet.



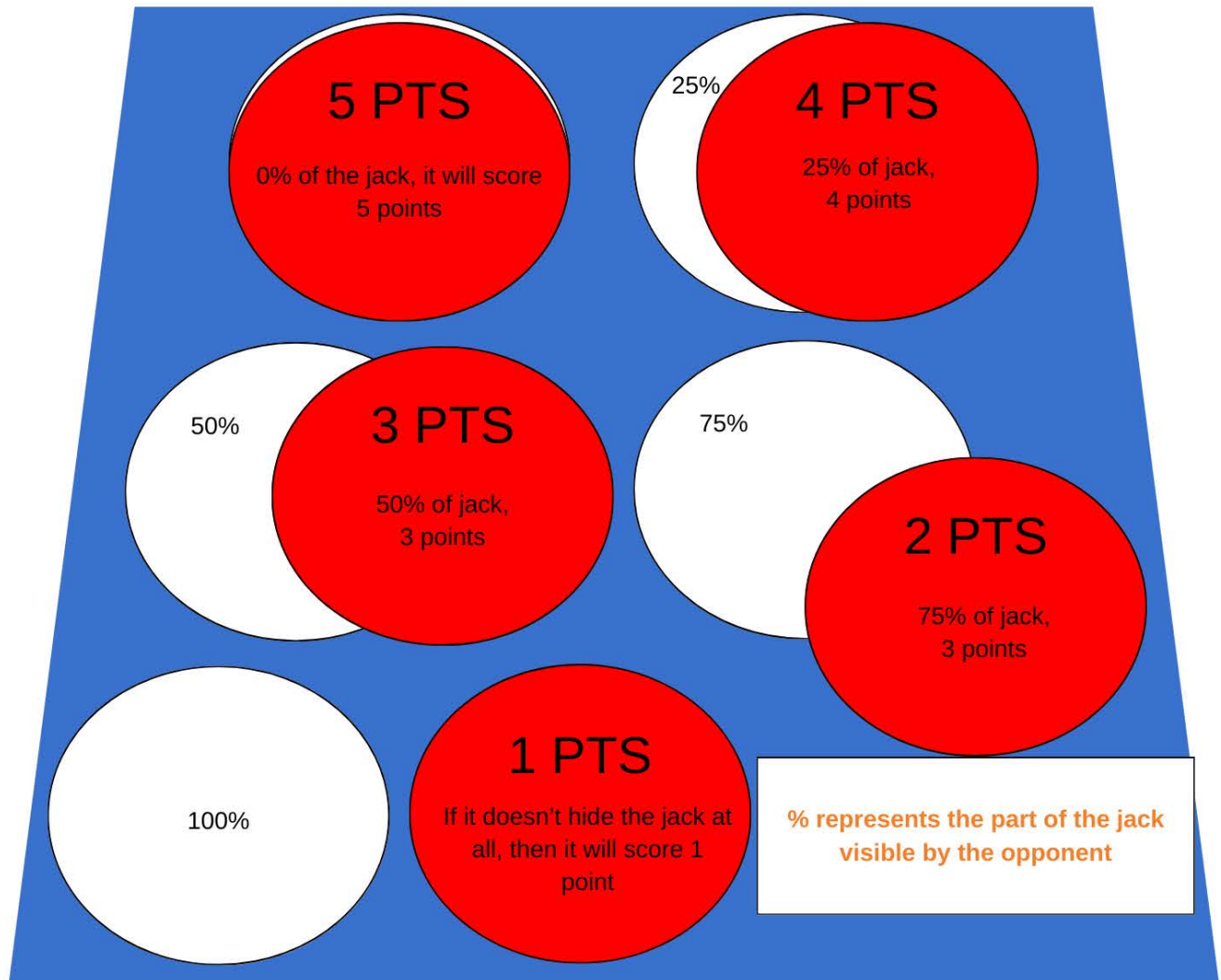
Procedure:

- Stand in the **individual red box**
 - Throw the jack and your **red ball** in a way to make a first ball in the front portion of the field (before the 5-meter cross).
 - Evaluate and note the result of the first ball according to the 015 "First Ball Result" sheet.
 - Repeat 5 times, picking up the scenario each time.
- Switch in the **individual blue box** and repeat the exercise with the **blue ball**.
- Once the 10 throws have been completed, note the totals for each section on the 015 "*First Ball Result*" sheet. The criteria for self-evaluation of the first balls are also in the document.
- **Repeat the entire exercise** afterward, but this time by throwing the balls into the back part of the field (after the 5-meter cross).

EXAMPLE

Chart for Evaluating First Throws

Note: It is recommended to stand in the opponent's box to evaluate the first throws.



Scoring Sheet

Name of the athlete : _____

First balls in front of the 5 m (cross)

	Red	Blue	
1			
2			
3			
4			
5			
TOTAL :			

First balls behind the 5 m (cross)

	Red	Blue	
1			
2			
3			
4			
5			
TOTAL :			