

## Snowball Target Mission #1

Score 1 point for each of the steps that you successfully complete (up to 3 points/assignment).

Score an additional 2 points if you successfully hit the target.

The maximum points per assignment is 5.

<u>Assignment</u>	<u>Mission Details</u>	<u>Points</u>
1	<b>Underhand Toss</b> 1. Face target. 2. Step with your opposite foot. 3. Use an <b><u>underhand</u></b> toss.	
2	<b>Overhand Aim</b> 1. Opposite side facing target. 2. Step with your opposite foot. 3. Use an <b><u>overhand</u></b> throw.	
3	<b>Spin &amp; Bounce</b> 1. Spin your body once around. 2. Bounce the ball one time off the ground. 3. Use an <b><u>underhand</u></b> toss.	
4	<b>On the Move</b> 1. Stand 5 paces away from poly spot. 2. Using a slow jog begin moving toward the spot. 3. Use an <b><u>overhand</u></b> throw as you move by.	
5	<b>Five Catches</b> 1. Stand on spot in a ready position. 2. Toss and catch your ball 5 times. 3. Use either an overhand or underhand throw.	
6	<b>Hit the Ground</b> 1. Rest the ball on the spot. 2. Do 3 Burpees. 3. Use either an overhand or underhand throw.	

### Exit Question

When would you use one of the skills we practiced in today's mission?