

THROWING

FROM LEADERSHIP TO GLORY

FEATURED ATHLETES



MIRANDA AYIM
BASKETBALL



NATHAN HIRAYAMA
RUGBY

We believe those who participate in sport have a responsibility to teach and apply the values of the Olympic Movement, involving others in the Olympic experience and inspiring and empowering them to reach their potential.



SCHOOL PROGRAM

Canadian Olympic Committee

ICE - BREAKER

Head Coach Says

Today's Olympic value is leadership. Sport and physical activity help to teach leadership skills to youth and give them opportunities to be positive role models to their peers.

Activity Type: Circle Game

Group Size: Large group (of 5 or more)

Age Group: 6-12

Length of Activity: 10 minutes or more, make sure to cut the activity at the peak of enjoyment

Objective: To have fun and provide an opportunity for participants to demonstrate leadership.

Equipment: none

BEFORE YOU START

1. Discuss what leadership in sport looks like. Ask the participants to describe what makes a good leader.
2. Make sure everyone understands how to play.
3. Participants in the circle should be marching on the spot the entire time unless performing a different movement (everyone should be moving at all times).

SET UP

- Participants stand in a circle about 2m apart.

How to Play

- One at a time participants go into the middle of the circle to be the leader.
- Participants in the circle start marching on the spot and say: "it's time to exercise". The leader in the middle says "let's do a (and their favourite exercise)" while doing the exercise. Participants in the outside of the circle repeat the leader saying "let's do a (and the exercise)" while doing the exercise.
- Participants go back to marching on the spot and say: "it's time to play a sport". The leader in the middle says "let's play/let's go (and their favourite sport)" while miming the sport. Participants in the outside of the circle repeat the leader saying "let's play/let's go (and the sport)" while doing the move.
- Participants go back to marching on the spot and say: "it's time to celebrate". The leader in the middle says "let's celebrate" while doing the move. Participants in the outside of the circle repeat the leader saying "let's celebrate" while doing the move.
- Change leaders after the three moves. Make sure everyone gets a turn!



WARM - UP

Like an olympian

Group Size: Large group (of 5 or more)

Age Group: 6-12

Length of Activity: Spend 10 minutes or more for the warm-up. Cut the activity at the peak of enjoyment.

OBJECTIVE

To have participants attempt a variety of warm-ups performed by Olympic athletes.

EQUIPMENT

1 cone, 6 (multipurpose balls), 12 tennis balls

Warm-Up Like...

A SHOT PUT ATHLETE	A WATER POLO PLAYER	A BASEBALL PLAYER
<p>Give every participant a tennis ball and line up participants side-by-side.</p> <p>Participants stand and bring a tennis ball against their neck with high elbow (in-line with shoulder), bring opposite arm at shoulder height straight in front of and in line with shoulder, then push out the arm with the tennis ball in a straight motion. Release the tennis ball at the end of the arm extension using a wrist flick. Repeat 10 times with both arms.</p>	<p>Pair up participants and give each pair a multipurpose ball.</p> <p>Partners stand 5m apart.</p> <p>Partners kneel across from using an overhand throw to pass to each other. Pass back and forth 20 times with the right arm, then 20 times with the left arm.</p>	<p>Set up 5 cones in a straight line every 2m.</p> <p>Participants start at the start line and complete shuttle runs progressing one cone at a time at 50% speed. Repeat with 75% speed and 100% speed.</p>



SCHOOL PROGRAM

FEATURED Athletes

FROM LEADING TEAM CANADA INTO THE OPENING CEREMONY TO GLORY

MIRANDA AYIM
SPORT: BASKETBALL

NATHAN HIRAYAMA
SPORT: RUGBY

Miranda Ayim, who made her third straight Olympic appearance in women's basketball, and Nathan Hirayama, the co-captain of the men's rugby team who made his Olympic debut at the Tokyo 2020 Olympic Games, were Team Canada's flag bearers for the Opening Ceremony taking place on July 23. One of the most honourable moments for any Olympic athlete is to represent their country as flag bearer in the Opening or Closing Ceremony of the Games. The flag bearer role is not only filled by athletes with great reputations, but athletes who stand out for both their athletic performances and leadership. Miranda and Nathan were both honoured and proud to carry the flag together into the Opening Ceremony.



Photo by Leah Hennel/COC

Physical Literacy Tip

THROWING

A key aspect to throwing any object is the follow through at the end. Follow through in throwing is the continued movement of your arm after you release the object. The follow through allows you to maintain flow in the motion and place the object in the direction you want it to go, whether that's a pass to a teammate in water polo or a distance throw in shot put. If you don't finish your throw with a full follow through your speed, distance, and accuracy may be interrupted, and the ball will not go where you want it to go.

Understanding what a follow through is and its importance is the first step to improving this phase of your throw. Practice the throwing motion without a ball; take note of where your arm finishes. It should finish across the middle of your body, if it doesn't, you are either stopping the motion too quickly or too slowly which will result in a less powerful or accurate throw. Once you've practiced without a ball, start throwing a ball at various targets or with a partner, focusing on a strong follow through at the end.

All ball sports involve a follow through motion, either in throwing or kicking. Pay attention to yours when trying sports such as golf, tennis, water polo, baseball, and hockey.

GAME #1

Bubble Pop

OBJECT

To throw your object into the hula hoops.

EQUIPMENT

- Hula Hoops
- Beanbags

SET UP

- Participants line up on the centre line each with a beanbag.
- Place 12 to 15 hoops randomly in front of the participants.

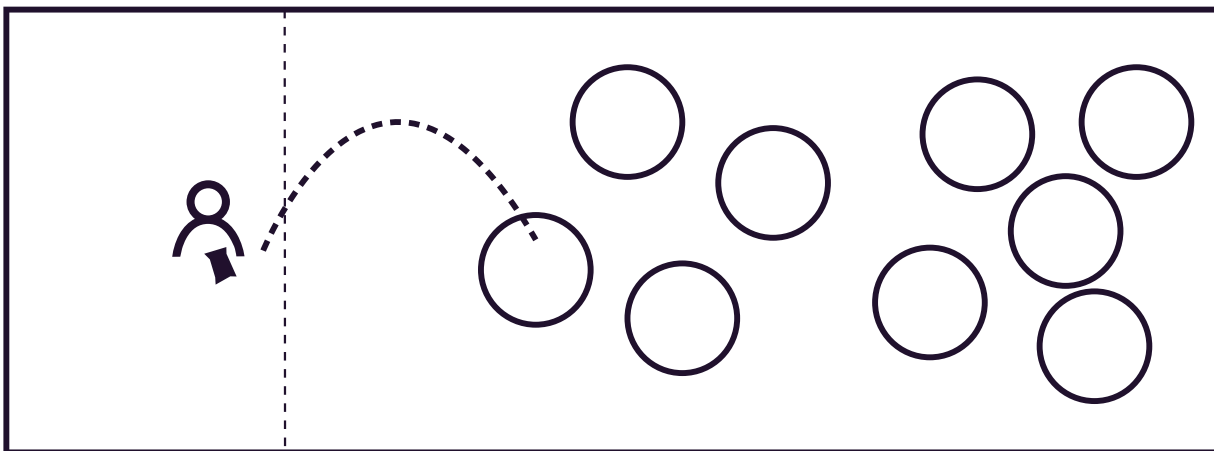
RULES

You must stay on the centre line to throw.

How to Play

- On the signal “Throw”, participants overhand throw their beanbag trying to land it into one of the hoops.
- If a beanbag lands in a hoop the leader removes that hoop.
- Participants gather their beanbag and try again until all hoops have been eliminated.
- Try playing again but participants must now throw with their non-dominant hand.

DIAGRAM



COACHING

Good cue words to coach throwing are “point non-throwing shoulder at field”, “bring object back by your ear”, “step with front foot”, and “follow through across your body”.



GAME #2

Team Knock Overs

OBJECT

To knock over the other team's targets first.

EQUIPMENT

- Balls and targets (e.g. bowling pins, foam blocks, empty cereal boxes, etc.)

SET UP

- Divide the participants into two teams and have them stand on one side of the gym or field.
- Place an equal number of targets (12 or so) on each end line.
- Scatter foam balls randomly over the playing space.

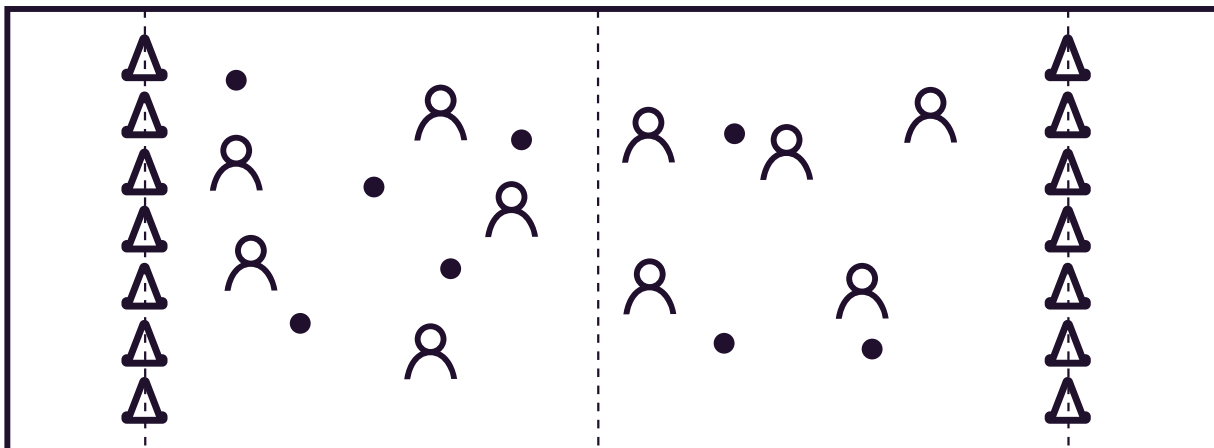
RULES

- You cannot stand in front of your team's targets.
- You cannot cross the center line.

How to Play

- On "go", participants must try to throw a ball at the other team's targets.
- The team that knocks over all the other team's targets first wins.
- Reset the targets and play again.
- For added challenge, try throwing with the non-dominant hand, use smaller targets, or move the targets further away.

DIAGRAM



COACHING

Good cue words to coach throwing at a target are "eyes on the target", "step with non-throwing foot" and "follow through".

