



# SUMMER CAMP



CONDITIONAL ACTIVITIES



## Conditioning Activities

### The T Race

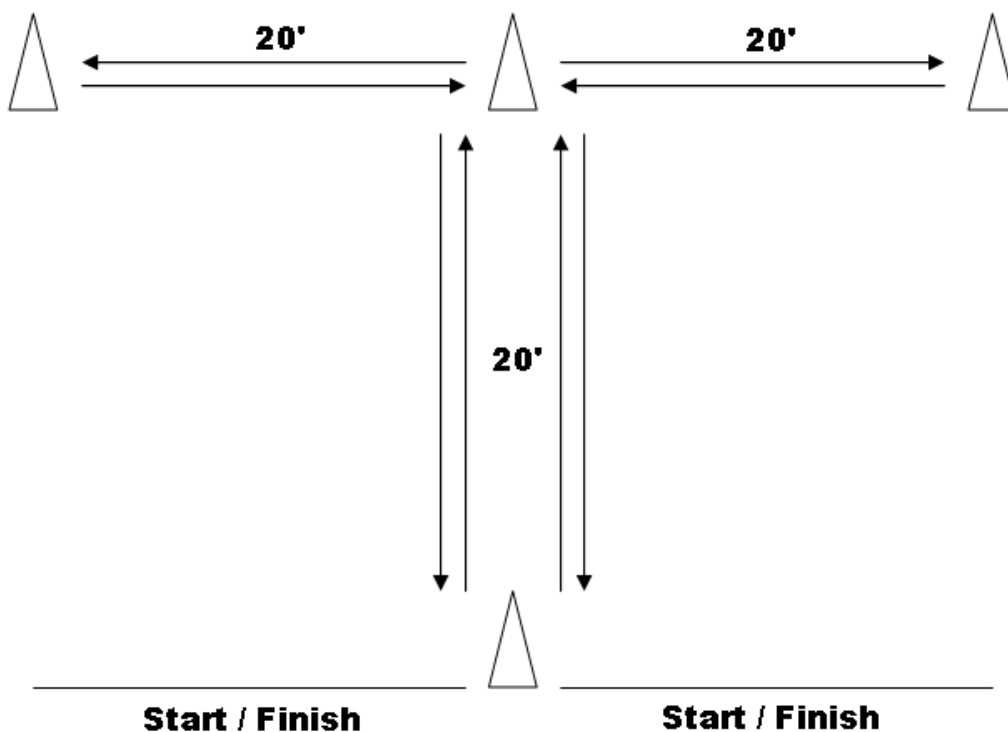
**Purpose** To develop multi-directional movement for agility and balance to promote overall athleticism.

**Equipment**

- 4 Cones
- Tape measure (minimum of 30 feet)

**Setup** Place four cones 20 feet apart in a "T" formation (see diagram below).

**Instructions** Bowlers pair up and race each other. Starting at cone #1, bowler runs forward to cone #2 then side-shuffles to cone #3, side-shuffles back to cone #2 and then will run backward to cone #1.





## The 5 Circles

**Purpose** To develop multi-directional movement for agility and balance as well as promote overall athleticism.

### Equipment

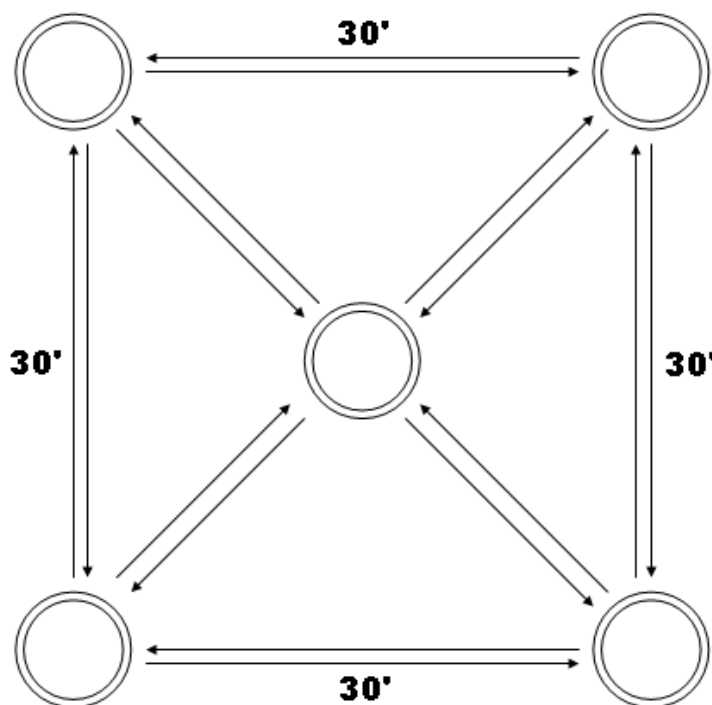
- 5 Hula hoops
- 8 Medium-size weighted balls ( 4 – 6 pounds)
- Tape measure (minimum 30 feet)

### Setup

Place five hula hoops on the ground, making a square with four of them and the fifth placed in the center. The distance between the outer hoops should be 30 feet (see diagram below). In the center circle, place the eight medium-size weighted balls.

### Instructions

Each bowler will have their own circle at one of the corners. The bowlers will run to the center circle and attempt to get as many balls into their circle as possible in the allotted time. Once all the balls are gone from the center, bowlers can then take the balls from the circles of the other bowlers. Game time is 30 seconds.





## Frisbee Keep Away

**Purpose** To develop quickness of wrist movements and promote overall endurance and fitness.

**Equipment**

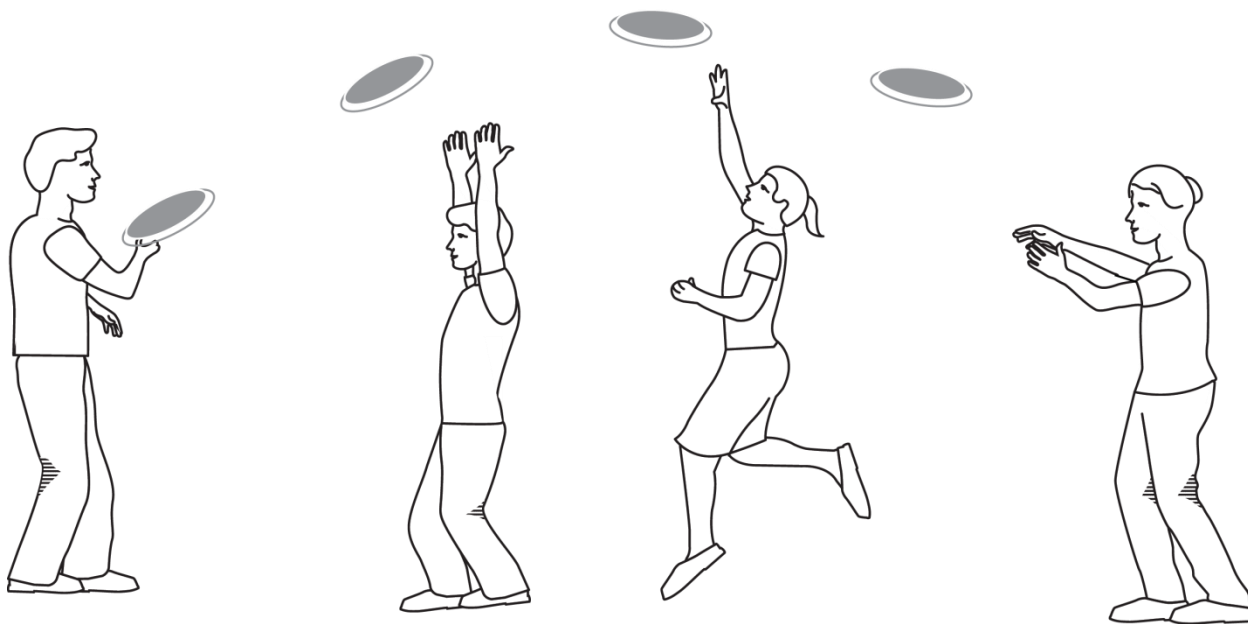
- Frisbee

**Setup**

None.

**Instructions**

Bowlers pair up outside and will toss the Frisbee back and forth while trying to keep the other team from getting it. A player can only hold onto the Frisbee for five seconds, or the Frisbee turns over to the other team.





## Ball Toss

**Purpose** To develop lower body, upper body, and core strength.

**Equipment**

- 2 Medium-size weighted balls (4 or 6 pounds)

**Setup**

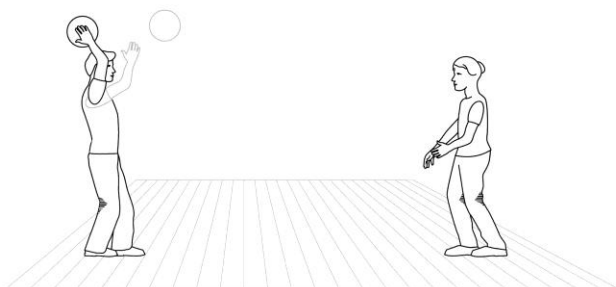
None

**Instructions**

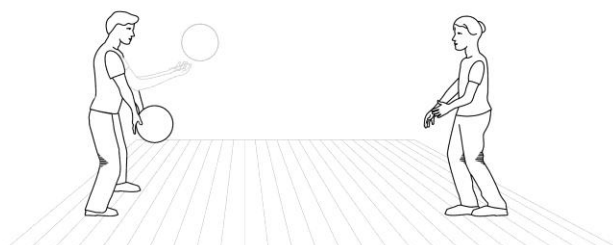
Bowlers partner up and toss a medium-sized medicine ball back and forth. Progression through a series of tosses will develop lower body, upper body, and core strength. As the bowlers develop their strength and coordination, gradually increase the distance between them. The toss variations are:

- Overhead
- Chest pass
- Between the legs
- Right side with rotation
- Left side with rotation

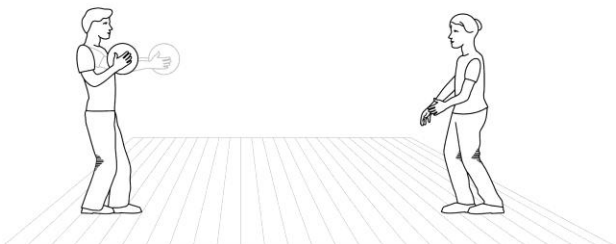
Overhead Pass



Between the Legs Pass



Chest Pass



Rotational Side Pass

