

SPORTS for Exceptional Athletes

Zoom Sports Crater/Bean Bag Toss

SPORTS for Exceptional Athletes (S4EA) is doing Zoom Sports Crater/Bean Bag Toss on Thursdays from 6-7pm from the comfort and safety of home. Zoom Sports Crater/Bean Bag Toss can easily be played indoors. However, if doing outside near other people, then wear a mask. Call SPORTS for Exceptional Athletes (S4EA) at 858-565-7432 or email sds4ea@gmail.com to sign-up, get your Zoom password information (same as for Zoom activities done in September and October), and arrange to pick-up Sports Crater/Bean Bag Toss equipment (hacky sacks, string & Sports Crater/Bean Bag Toss Board).

Please bring the following for the workout:

1. Zoom device (bigger the better for seeing the Sports Crater clinician & other S4EA athletes)
 - o Set-up camera to show Sports Crater Board area
2. Sports Crater equipment (hacky sacks, string & Sports Crater Board)
3. Court area at least 12 ft by 6 ft inside

Before starting Sports Crater/Bean Bag Toss workout, do the following

1. 2-3 minute walking (or stand in place walking)
2. Warm-up exercises/stretchers

Making your Sports Crater/Bean Bag Toss court

1. Throwing line
2. Sports Crater Board (8 ft from throwing line)

Players will be divided into teams

1. If everyone plays together-2 large teams with $\frac{1}{2}$ on the red team and the other $\frac{1}{2}$ on the blue team
2. If divide Zoom into rooms, then each room is a separate court or game
 - a. Each room would then have $\frac{1}{2}$ on the red team and the other $\frac{1}{2}$ on the blue team

Sports Crater/Bean Bag Toss Game

1. Players are put on the 2 teams (red and blue)
2. Player throws 2 hacky sacks of their team's color (red or blue)
3. Player/Referee determine how many hacky sacks went into the Sports Crater hole (1 point per hacky sack)
4. Referee determines how many points the red team made & how many points the blue team made
5. Retrieve the hacky sacks and start the next frame
6. Play continues until 1 team gets 21 or more points, or until the time limit ends

After Sport Crater/Bean Bag workout, do the following

1. 2-3 minute walking (or stand in place walking)
2. Cool-down exercises/stretchers (same as warm-up exercises)

Talk with each other, give suggestions, other tips, or ideas

****For S4EA athletes participating each week, you will be awarded a ribbon at the end of the season.**