

Overtime Athletics Field Day (Olympic Style)

1. Long Run

- Around bases
- Around set up cones

2. Sprint

- Point to point
- One at a time sprints (against clock)
- Group Sprints

3. Relay Races

- Instructors may choose challenges
- Incorporate any sport who's equipment is available to you

4. Long Jump

- Standing Jump
- Running Jump

5. Accuracy Toss

- You can use any ball with any target
- Recommend throwing tennis ball at mark on wall or backstop
- Also can use Frisbee

6. Distance Toss

- You can use tennis ball, football, Frisbee
- Mark players throws with cones

7. Penalty Kick

- Set up soccer goal or cones
- Use goalie for older players
- Can be accuracy kick by setting up cone that players should aim for

8. Foul Shot

- Also can make this three-point shot for older players
- Score by how many out of 3 or 5
- Score by how many in a row

9. Battleship Game

- Set up target (better outside on grass)
- Each team tries to land ball closest to target
- Ball must come to a complete stop

10. Defend and Conquer

- Set up ball on top of flat cones for each team
- You can have multiple targets
- Each team tries to knock balls off opponents cones

11. Ultimate Speed Ball

- Each team competes in Speed Ball to see who can complete cycle fastest

12. Ring Toss

- Place tall stand or cones in front of team stacks
- Each player gets three chances to throw hull-a-hoop around cone or target

13. Tug of War

- Each team pulls separate end of rope to pull opposing team across middle line

14. Three Legged Race

- Tie two players inside legs together and they have to run from point to point as if they had three legs

15. Spoon Races

- Each contestant must carry an object (egg, ball, etc.) inside spoon from point to point

16. Jump Rope Jumping

- How many jumps in a row

17. Soccer Juggle

- How many in a row (Foot, Knee, Head, all)

18. Calisthenics Contest

- Jumping Jacks, Push-ups, Sit-ups, etc.

19. Obstacle Course

- Set up any course with any equipment at your disposal
- Incorporate traditional athletics skills in race (dribbling, throwing, etc.)
- Players should race one at a time

20. Team Games

- Any team game is a great finish to field day
- Points Game, Numbers Game, and Capture the Flag are recommended

Overtime Athletics Field Day (Stations Style)

Field Day Stations (Large Group 40+):

*Break class into groups at each station, 15min at each then rotate

Warm up – Jingle Jangle / Relay Races / Steal the Bacon

Station 1 – Dodge-ball

Station 2 – Capture the Flag

Station 3 – Kick-ball

Station 4 – ALL Tag Games

Overtime Athletics Field Day (Theme Style)

Speed Challenge:

*This field day is to emphasize quickness. Players will be competing as teams and individuals in their events. Following your warm up game, players should compete in the individual quickness events. Next should be the water break, followed by splitting players into teams. The last half of the class should be the team quickness events.

Events:

Individual –

- 1. Tag Tournament**
- 2. Baseball Field Sprint**
- 3. Crab Race**
- 4. Egg Hunt**
- 5. Punt Return Opponents Race**

Team –

- 1. Wheelbarrow Race**
- 2. Three Legged Race**
- 3. Spoon Race**
- 4. Speed Ball Challenge**
- 5. Beat the Coaches (any game or challenge w/ speed)**

Relay Challenge:

*This field day is designed to demonstrate all of the themes the kids have been exposed to, including teamwork, sportsmanship, quickness, accuracy, etc. Each event should end in teams being awarded points for the themes stated above. Teams can also lose points for not embracing those same themes. After your warm up game, players should be split into teams.

Events:

- 1. Relay Races (use all movements and all sports)**
- 2. Obstacle Course Challenge**
- 3. Team Egg Hunt**
- 4. Hike-Pitch-and Pass Touchdown Challenge**
- 5. X-Factor Basketball Challenge (dribble, shoot, and pass)**
- 6. Beach Ball Around The Wheel (everyone must get a turn)**
- 7. Soccer Speed Ball (foot passing only)**
- 8. Fireball**

Accuracy Challenge:

*This field day is to emphasize accuracy. Players will be competing as teams and individuals in their events. Following your warm up game, players should compete in the individual accuracy events. Next should be the water break, followed by splitting players into teams. The last half of the class should be the team accuracy events.

Events:

Individual –

- 6. Pitcher Baseball Strike**
- 7. Quarterback Touchdown Football Pass**
- 8. Striker Penalty Kick Soccer Goal**
- 9. Shooter Basketball Foul Shot**
- 10. Ultimate Frisbee Mat Target Throw**

Team –

- 6. Bump and Bite (players roll balls)**
- 7. Wall Ball**
- 8. Sorcerer's Stone**
- 9. Drop Zone**
- 10. Dodge Ball**
- 11. Hot Shot Shootout**
- 12. Beat the Coaches (any game or challenge w/accuracy)**

Solo Challenge:

*This field day is designed for each player to be given an opportunity to record a score by completing an event. They will then try to beat their own score the second time around. Class should begin with a warm up game. Then each player should attempt the event. Then water Break. Then players attempt the events again to try and beat their own score. Instructors need to split group up so that more than one player is trying the event at once. We don't want kids standing around. Use kids to help count, or keep track of scores on paper to keep them involved.

Events:

- 1. Number of sit-ups in one minute**
- 2. Number of push-ups in one minute**
- 3. 40 yard dash**
- 4. Standing Long Jump**
- 5. Running Long Jump**
- 6. Obstacle Course Time**
- 7. Juggle a soccer ball**
- 8. Basketball lay-ups in one minute**
- 9. Distance football throw**
- 10. Accuracy mat throw**

Sample PDC - Field Day Stations (Small Group/after school class):

*Individual Stations.

* Kids keep track of own scores.

*Instructor records kid's scores.

Warm up – Safe Base

Station 1 – Jump Rope: How many Jumps in a row.

Station 2 – Distance Throw (Football): Set up cones 5 yards a part to mark distances.

Station 3 – Basketball Shot (Indoor) / Soccer Shot (outdoor): Best out of 3 shots

Station 4 – Soccer Juggle: how many juggles in a row

Station 5 – Accuracy Throw (dodgeball/tennis ball): Best out of 3 throws

Set up a target to aim at i.e. wall, sign, etc.

Station 6 – Long Jump: set up a starting line with cones stacked 1 yard a part as measuring line

Station 7 – Push-up/Sit-up: How many in a row