



Game Skills : A Fun Approach to Learning Sport Skills

Stephanie J. Hanrahan, Teresa B. Carlson

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The 100-plus games and activities found in this volume should help future coaches and PE teachers keep their practices and classes from getting stale. The presentation of the activities is easy to follow, with equipment needs, space requirements, safety issues and variations included for each. Also included in the resource is a drill finder that helps readers find activities by age range, sport appropriateness and 13 other "benefits", such as flexibility, strength, cardiovascular endurance, team building, tactics, co-ordination and agility. These activities are fun and develop fitness, general movement skills and sport-specific skills including: striking and fielding sports (baseball, softball and cricket); invasion games (soccer, netball, basketball, hockey and touch football); net games (volleyball, tennis, badminton, and table tennis).

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