



Activity Two:

YOUR GAME, ONLY BETTER

Name _____ Date _____

To do well in any sport or game, it takes practice. Training equipment can help you practice your game and improve your skills. For example, the pitching machines at batting cages "pitch" the ball to you at a speed just like a real pitcher would.



BATTER UP!

Major league pitchers can throw a baseball up to 98 miles per hour, which takes less than a half a second for the ball to cross the plate!

Match the training equipment described below to the sport it helps support.

- | | |
|-----------------------------------------------------------------------------------------------------|---------------|
| 1. ___ by using a tee, you can practice for hours without a pitcher | A. Gymnastics |
| 2. ___ stencils on the court help you tell the difference between a two-pointer and a three-pointer | B. Tennis |
| 3. ___ a target in the net helps you practice kicking for a goal | C. Baseball |
| 4. ___ to help improve balance, trampolines are used while training | D. Soccer |
| 5. ___ with a ball machine, you never have to step off the court to practice swinging your racket | E. Basketball |

Your Turn!

Pick 3 sports or games and list them below. Write about something you think would help improve someone's skills for playing that game. For example, if you love to play kickball, think about what might help you kick the ball straight every time.

Sport/Game

Training Equipment to Support It

- _____
- _____
- _____

- _____
- _____
- _____

DID YOU KNOW?

Did you know that inline skates were invented by a hockey player so that he could practice during the off-season? Now, millions of people use them to play a new sport - roller hockey!



Kids, enter your idea for training equipment in the Move It Challenge! Visit www.moveitchallenge.com.