

Mini Labs

The class will be broken into 3 groups

Each group will start out at a station.

Each group will have 15 minutes at each station to cycle through participants.

- **Station 1 — Noise:** Students have five chances to hit a volleyball on a pylon 15 feet away while other students stand around them yelling and waving their arms trying to distract the thrower.
- **Station 2 — Practice:** Students measure effectiveness of throwing a ball to a target with non-dominant hand with no practice, then after an opportunity to practice, get feedback, and practice again.
- **Station 3 — Feedback:** In pairs, one student throws a basketball free throw while blindfolded. The other student gives feedback on how to improve in different ways:
 - Immediately after the throw
 - At the end of the fourth of five throws
 - Positive feedback telling what was done correctly and how to improve (e.g., the arc of the ball is good, extend your elbow next time to get the ball closer to the basket)
 - Negative feedback only about what was done incorrectly (e.g., you're too far to the left, you didn't follow through)