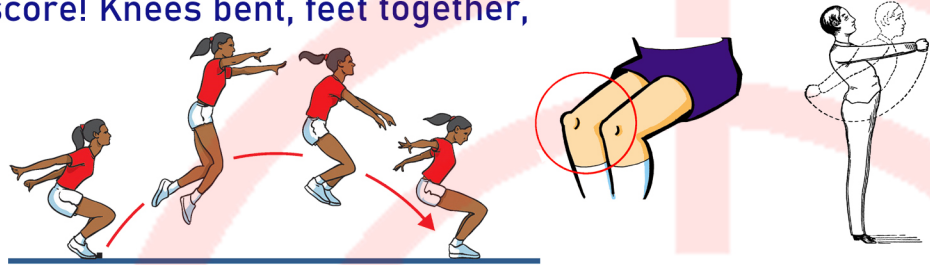




Warm up:

Standing long jumps –

How many jumps does it take you to get from one side to the other? The less jumps the better. Try and beat your score! Knees bent, feet together, arms swing.



Main activity challenge: - Throw and Go

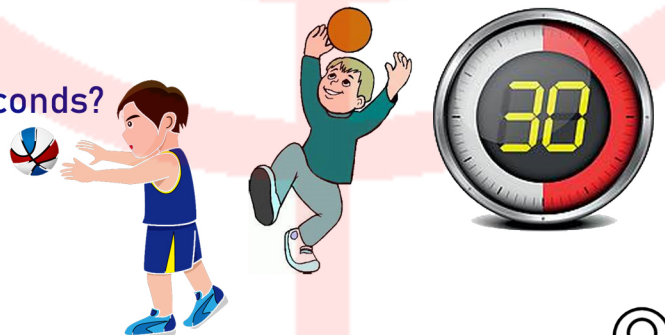
Equipment:

* 1 ball similar size to a netball or football. This can also be played with rolled up socks/teddy.



Coaching points:

- Player 1 holds the ball and stands opposite player 2, 3 paces away
- Player 1 throws the ball using a chest pass to player 2, runs around player 2 and back to their starting point
- Player 2 catches the ball and holds it until player 1 is back to their starting point, and then they throw it back to them using a chest pass. (Step forward as you throw, extend arms)
- How many times can you throw and go in 30 seconds?
- Swap over roles. Try to beat your score!



Differentiation points:

- To make this harder, stand further away from your partner
- What other ways could you throw the ball?
- To make it easier, practice the game with no time limit at your own pace
- If you have no partner to play with, throw the ball up to yourself then run around an object instead of a player before throwing it up again.

