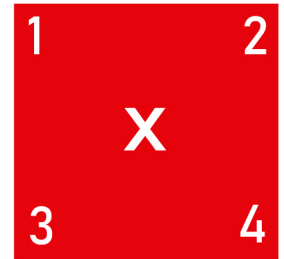


Warm Up - Square numbers.

From the diagram(1a) position yourself(x) in the middle of the 4 numbers.
Go to a number/corner and touch the ground. Go back to the middle. Repeat.
If on your own follow 1,2,3,4 1,4,2,3 4,3,2,1 If with another person, one person calls out another number when you return to the middle. Run to 6 numbers.



Equipment:

Ball or rolled up sock, cones or newspaper, string and chairs



Activity:

1. Target Spots - Stand 1 metre away from 2 targets T1&T2 (e.g. newspaper)

Use an underarm throw and try to hit the targets.

2. To You To Me (2 player game) - Stand opposite another person, 2 metres apart. Say which side you are going to throw to. Throw to the side of the person. Player 2 has to try and catch the ball after as few bounces as possible.

3. Throw Tennis (2 player game) - Make a net with a line on the ground. Or tie string between 2 chairs (no more than 30 cm/height of a ruler off the ground). Player 1 uses an underarm throw over the net, if it bounces twice or more than twice on the other side you score a point.

Coaching Points:

- Underarm throw – opposite leg to throwing arm forward. Aim with non- throwing arm. Bend your knees. Finish pointing at target with throwing arm.
- When attempting to catch the ball move your feet to the ball or step back away from the ball to give yourself room.
- Aim for areas of space away from your opponent. Try to fool your opponent by using tactics. Pretend to throw one way then throw the other.

Differentiation:

- EASIER - move closer to the targets HARDER- move further away
- EASIER - Use a slightly higher throw HARDER - Don't say which side you are going to throw. Only allow 1 bounce/no bounces.
- EASIER - Allow as many bounces as you like HARDER - 2 points for catching with no bounces or 1 point for one bounce.



Cool Down:

Side stretch, both sides holding for 6 secs each side.
5 x Lunges. Rest. 5 x Lunges

