



## Warm up:

Speed bounce over a line. Two feet together, side on to a line, see how many times you can jump over it in 30 seconds. Can you beat your score?  
Bend your knees!



## Main activity challenge: - Go for **10**

### Equipment:

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



### Coaching points:

- Player 1 stands with the ball in their hands, facing player 2, 3 paces away.
- Player 2 stands with their feet apart and hands ready to catch the ball.
- Practice throws such as chest pass, bounce pass and over arm from the last 2 progressions.
- Can you go for ten without dropping the ball?
- Every time you get 10 take one step back.
- How far can you get without dropping the ball?

**10**



### Differentiation points:

- Make this harder or easier by moving closer or further away from your partner.
- To make it easier use a bigger sized ball and an underarm throw.
- Try a smaller ball or object to make it harder.

