



## Warm up: Relay races

Relay races: working from one end of your garden to the other complete one lap of running, skipping, side stepping and hopping. Time yourself to see how quickly you can do this and repeat once complete to see if you can beat your time. If you have a partner you can race against them instead.

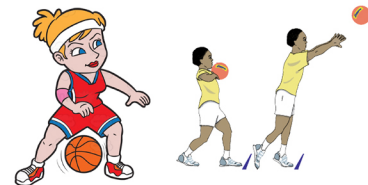
## Main activity challenge: - Obstacle dribble

(Progression from last week)



### Equipment:

- For this activity you will need a ball e.g. basketball, netball or football
- You will need a partner
- You will also need 5/6 cones if you have them (empty water bottles, socks or t-shirts would be fine if not)



### Coaching points:

- Start by setting your cones out in a straight line roughly 1m apart from one another
- You must start at one end of the cones with your partner stood behind you
- For this challenge aim to dribble in and out of the cones all the way to the end and back to the start again, then it's your partners turn
- You can either pass the ball using a chest pass or bounce pass, your partner then copies
- If you don't have a partner you may want to throw the ball towards the wall instead. You can still set your cones up the same just make sure when you get to the end you are facing a wall.
- **Key points:** we are now dribbling in and out of the cones instead of in a straight line. It's important to try and use both hands when dribbling by alternating between each one. This will give us more control.

### Differentiation:

- If this activity is too challenging you can increase the distance in between each cone to give you more time and space to dribble the ball
- Start with a walking dribble to ensure you are getting your technique correct before increasing the pace to a jog/run
- If it's too easy you can start by shortening the distance in between each cone to give you a tighter space to work in
- Time yourself and see how quick you can do it

