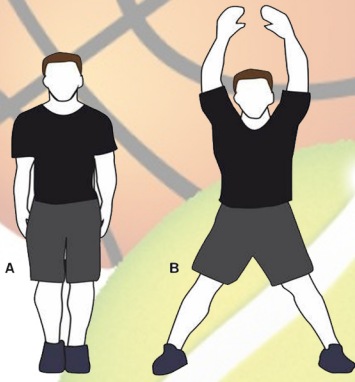




## Warm up: Jumping Jacks

How many can you do in 30 seconds? Can you beat your score?



## Main activity challenge: - **Throw and dribble!**

(Progression from last week)

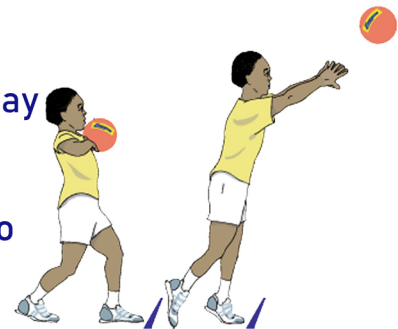
### Equipment:

\* 1 ball similar size to a netball or football.



### 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, collects the ball off them and dribbles it back to their starting point.
- If you are on your own, throw the ball up to yourself before dribbling around the second marker (where player 2 would be) and back to your starting point. Repeat.
- How many times can you throw and dribble in 30 seconds? Swap over roles. Try to beat your score!



### Differentiation points:

- To make this harder, stand further away from your partner or marker
  - What other ways could you throw the ball?
- To make it easier, practice the game with no time limit at your own pace
  - If dribbling is too hard, practice the skill before playing the game

**EASY WAY**

**HARD WAY**