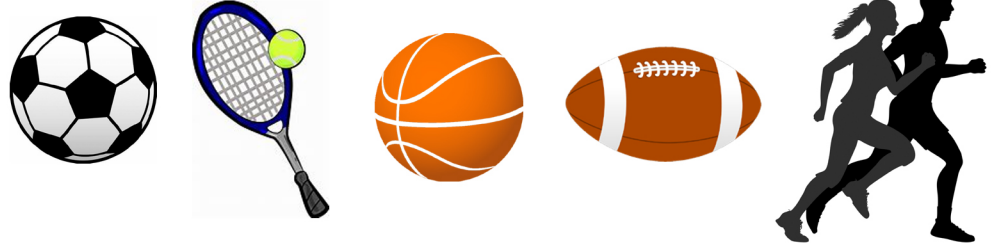


Warm Up - Various

1. Football
2. Tennis
3. Basketball
4. Rugby
5. Running (on the spot)



If on your own perform an action of each one in turn, jogging in between.

If there is someone to help you

Equipment:

A ball or rolled up sock. Rackets.



Activity:

- * PIRATE CATCH- <https://youtu.be/OmX6vFun-ao>

(If no ball or rackets play with a sock thrown up into the air near you and catch it standing on 1 leg).

COACHING POINT: Move to the ball or move back away from the ball to give yourself room.

- * DOUBLE TROUBLE- https://youtu.be/DBVEku_UX2E

Stop the ball and pass back to your partner.

(If no ball or rackets kneel down and use a rolled up sock)

COACHING POINT: Stop the ball in front of your leading leg. Stand/kneel side on when stopping and hitting the ball. Keep the ball on the ground. Back hand is where your arm comes across your body.

Differentiation:

If the task is too challenging: Slow the game down, make sure the ball has stopped before hitting it back. Say which side you are going to hit to. Catch the ball or object when standing on 2 legs and throw back standing on 1 leg.

If the task is too easy: Don't tell your partner which side you are going to hit to. Test your partner with short throws and throws for them to move back.

Cool Down:

Side stretch. Both sides holding for 6 seconds each side. 5 x Lunges. Rest. 5 x Lunges

