

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?

Warm up:

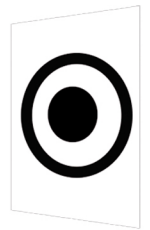
Speed bounce over a line

Bend your knees!

Main activity challenge: - Throw and Go

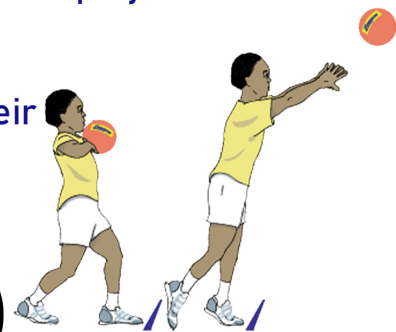
Equipment:

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



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 and back to their starting point
- Player 2 catches the ball and holds it until player 1 is back to their starting point and then they throw it back to them using a chest pass. (Step forward as you throw, extend arms)
- How many times can you throw and go in 30 seconds?
- Swap over roles. Try to beat your score!



Differentiation points:

- To make this harder, stand further away from your partner
 - What other ways could you throw the ball?
- To make it easier, practice the game with no time limit at your own pace
- If you have no partner to play with, throw the ball up to yourself then run around an object instead of a player before throwing it up again.