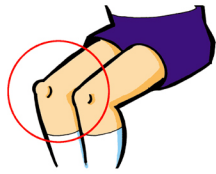


Warm Up:

1. Jogging on the spot, slow to start / Jogging lifting knees up.
2. Stop jogging-lift arms above your head and imagine your pulling 2 ropes down from above your head to chest height. Repeat 5 times.
3. Pull ropes down and lift one knee up. Lower leg to the floor. Pull ropes down and lift opposite knee up. Lower leg to the floor.
4. Continue to pull ropes down lifting one knee after the other. Can you speed it up for 30 secs?



Coaching points:

- * Bend your knees in the 'ready position'
 - * Both participants hold a ball out in front at arms length, shoulder height.
 - * Count to 3 and drop your ball at the same time as the other person.
 - * Try to catch the other persons ball.
 - * Move your feet to the ball if necessary or move your feet away from the ball to give yourself room.
 - * Wait until the ball reaches the top of the bounce. (before it goes down)
- https://youtu.be/iL-tMj_pJ7g Instructional video.
- * If you are using socks throw the sock up just over head height. Try to catch the other persons sock.

Equipment:

A ball or rolled up sock if you don't have a ball



Hard

Easy

Differentiation points:

If the task is too challenging:

Drop your own ball and catch it after one bounce. (wait until the ball reaches the top of the bounce). Progress to throwing the ball up around you moving your feet to the ball to catch it.

If the task is too easy:

Throw the ball up away from your partner (but not too far, it must be catchable)

USING SOCKS:

If the task is too challenging:

Throw the sock up and practice catching (using Fundamental skill of the week catching video)

Throw the socks higher above the other persons head.

If the task is too easy:

i) throw the sock lower.

ii) Stand opposite each other and after counting to 3 throw the sock towards the other person.

Catch each others sock.