



Warm up: 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: - Pass and dribble

Equipment:

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



Coaching points:

- Start by taking 4 paces away from partner, with a cone next to both of you
 - Using a chest pass, throw the ball towards your partner
 - Follow your pass towards your partner and run around the back of them
- Once you make your way around your partner they need to pass the ball back to you
 - After receiving the pass, you then need to dribble it back towards your starting cone
 - Repeat this 5 times
- Start off by walking when dribbling the ball then increase your pace once confident
 - Ensure that both you and your partner keep switching after 5 goes each

Differentiation points:

- If this activity is too challenging start off by shortening the distance between you and your partner
- You can walk when dribbling to begin with, to practise getting the correct technique
- If this activity is too easy you may want to increase the distance between you and your partner so you have further to dribble
- You may also want to increase your pace by moving to a jog
- Try alternating the ball between your left and right hand when dribbling
- 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.

