



Warm up:

- 10 x lunges with both left and right leg
- High knees on the spot for 15 seconds
- 10 x jumping from side to side (speed bounce)
- Side stepping for 15 seconds
- 10 x star jumps

Main activity challenge: -

One handed pass and catch challenge

Equipment:

- For this activity you will need a small sized ball.
- You will also need a partner.



Coaching point:

- Start by standing opposite your partner, roughly 1m apart.
- Aim to throw the ball underarm with one hand towards your partners hand.
- Throw the ball in a diagonal manor from your right hand to their right hand or your left hand to their left hand.
- Ensure that your partner is indicating that they are ready for your pass by holding their hand with their fingers spread.
- Aim to spread your fingers out behind the ball for control and to also give your partner a bigger target to aim for.
- The challenge for this activity is for you and your partner to try and pass the ball with one hand between yourselves without dropping it.
- If you drop it you must start again from 0 and challenge yourself to see how many points you can reach.

Differentiation points:

- If the activity is too challenging try using a smaller ball or a bean bag and also try standing closer to start with.
- You could also just attempt it with your dominant hand only to start with
- If the activity is too easy try with a larger ball and also increase the distance between you and your partner.
- Use your non-dominant to make it more difficult.

