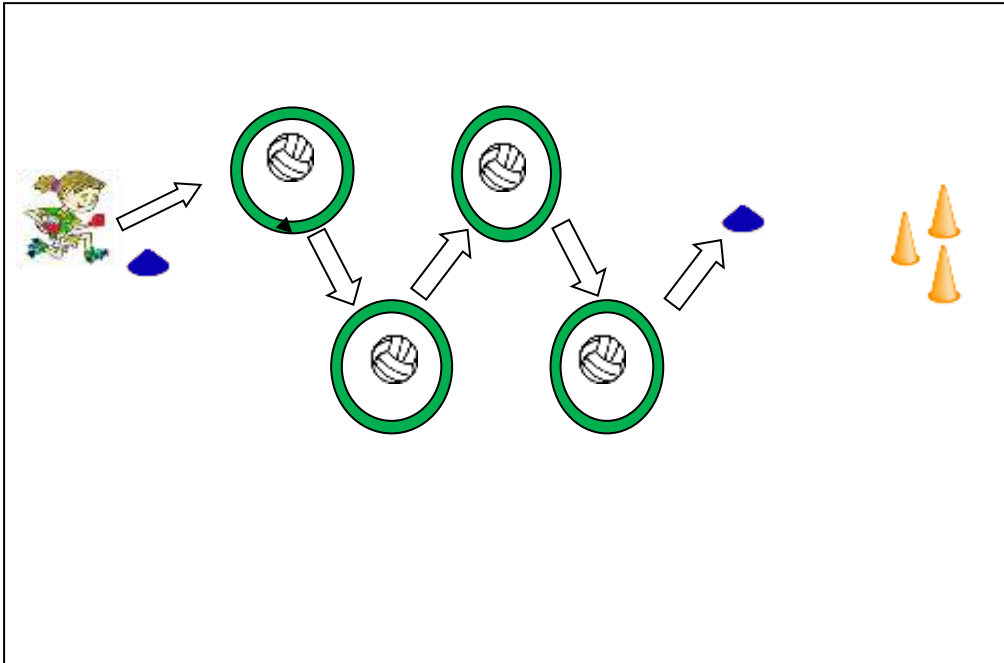


STATION 1: HANDLING

Activity: Pick Up - Set Down



FOCUS:

- Lifting various sized balls and placing them in hoops

RULES - HOW TO PLAY

- 4 Players at blue cone
- Leave different sized/shaped balls in each designated hoop
- Player 1 must carry ball to first hoop, set down and pick up the other ball, take to next hop and repeat
- They then proceed to roll, throw, hand pass, or kick at the cones for a score (according to ability)
- Tidy up cones and bring ball back to next player and join the back of the line.
- 1 point for each cone they knock down



HARDER

- In order to knock down cones- instead of rolling player may throw, hand pass or kick
- Move hoops further apart/ use smaller balls
- Introduce obstacles in between each hoop (evasion poles, ladders, balance pads)

EASIER

- Introduce more hoops/ score by rolling ball between 2 cones

COACHING POINTS

HEAD.....Head over the ball when lifting; eyes on ball- look out for ET!!!!!!!!!!!!!!!!!!!!

HANDS.....Spread fingers around the ball when lifting and setting down, bring ball safely into chest

FEET.....Bend knees (squat) when lifting and setting down ball. N.B. Encourage good lifting technique

EQUIPMENT:

- Large Balls x 5 (minimum or variety of sized balls)
- 4 Hoops (minimum)
- 3 cones or net (1 minimum)