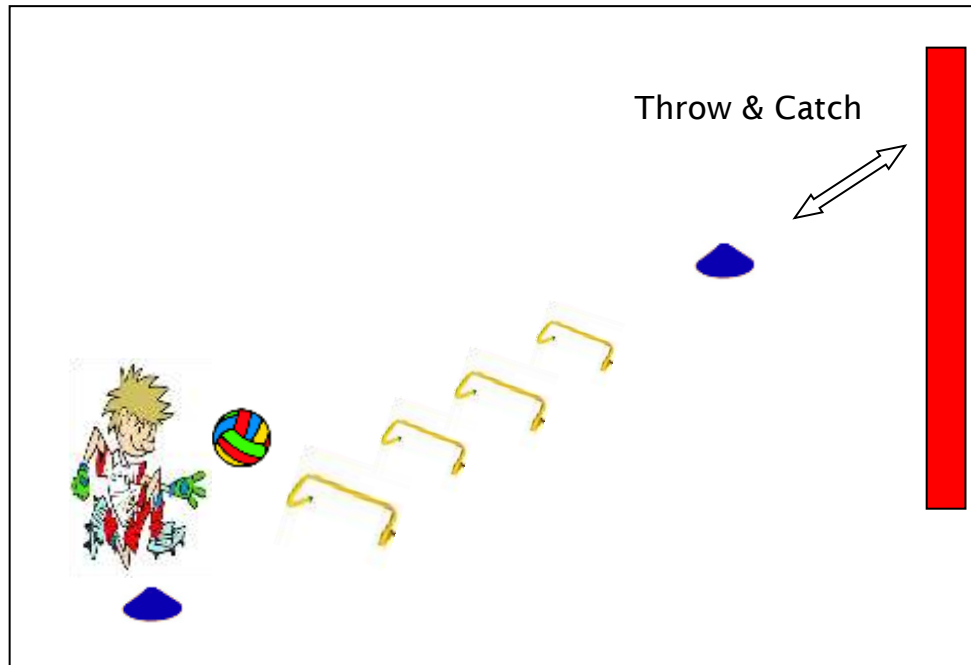


STATION 4: HANDLING

Activity: Wall Rebound



FOCUS

- Throwing and catching ball.

RULES – HOW TO PLAY

- Start at cone, go over hurdles.
- Throw ball against the wall and catch rebound.
- Use under-arm throwing style
- 2 points if you catch the ball before it bounces and 1 point if it bounces first.
- Return back over hurdles to cone.



HARDER

- Increase distance from wall
- Use Smaller Sized Ball
- Hand Pass / Side of head (Shoulder Pass)
- Target on Wall

EASIER

- Let ball bounce before catching
- Use a Bigger Sized Ball

COACHING POINTS

HEAD

- Watching Ball all the way to hands.

HANDS

- Underarm throw / Throw from tummy. Use big hands, fingers spread out to catch the ball.

FEET

- Keep one foot in-front of the other when throwing the ball. On balls of feet and use high knee's when going over the hurdles.

EQUIPMENT

- Soft Balls (Different sizes)
- Cones
- Target on wall
- Hurdles