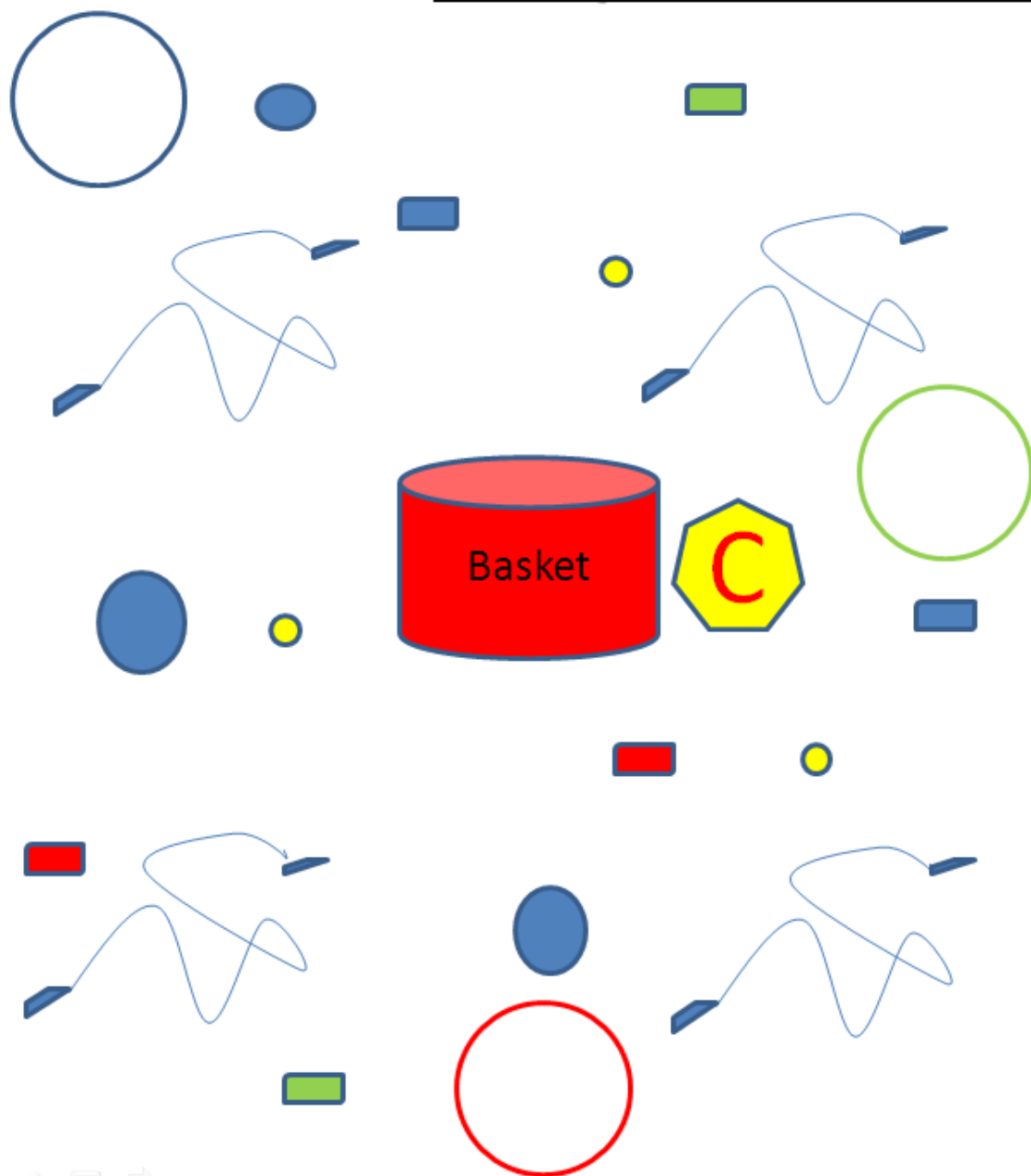




## Warm Up - 16

# Keep the Basket Full



### How to Play?

- Ask children to find a free space within the playing area.
- Coach stands in middle of playing area with a basket of varied balls, tied up ropes and bean bags.
- The coaches aim is to empty the basket by throwing equipment among the children.
- The children's aim is to retrieve the apparatus and return them to the basket in order to fill it.

# Keep the Basket Full

## Make it harder

- Put children into 3 teams and get them to recover equipment and return to a allocated coloured hoop.
- Team with most pieces wins.
- Challenge travelling methods ( Directions , jumping etc..)

## Make it easier

- Use larger equipment and more stable equipment.
- Walk rather than run.