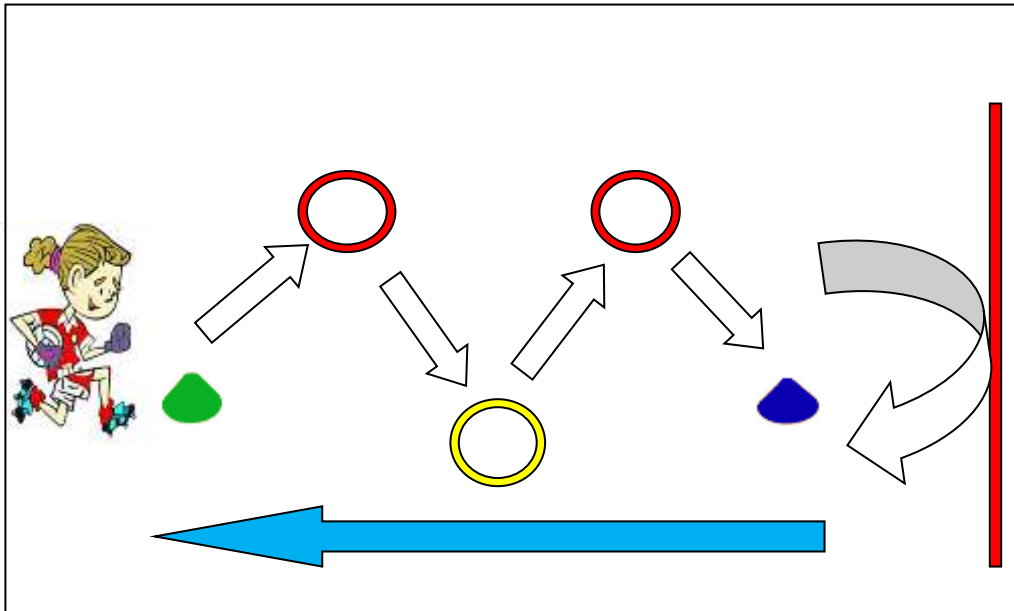


STATION 4: RUNNING

Activity: Solo, Bounce & Shoot



FOCUS:

- In this activity we are developing the ability to move quickly in different directions whilst bouncing and soloing.

RULES – HOW TO PLAY

- Players have to complete the slalom by bouncing the ball in hoops & soloing in between each hoop.
- They should bounce with left hand in red hoops and right hand in yellow hoops.
- When player reaches blue cone they shoot once at a target on the wall to score a point.
- They then return down the side and hand pass to next player.



HARDER

- Place the hoops closer together.
- Use a smaller target.

EASIER

- Remove the solo & just let them bounce in each hoop.
- Make the space between hoops bigger.

COACHING POINTS

HEAD

- Look straight ahead.
- Steady shoulders, imagine a pin through shoulders.
- Keep eyes on the ball when bouncing & soloing.

HANDS

- Use hands to assist with balance.
- Use 'Big Hands' to catch the ball.

FEET

- Drive of outside foot when turning.
- Spring of the ball of foot.
- Use a 'Hard Foot' when soloing.

EQUIPMENT:

- Hoops
- Ball
- Cones
- Target for wall