

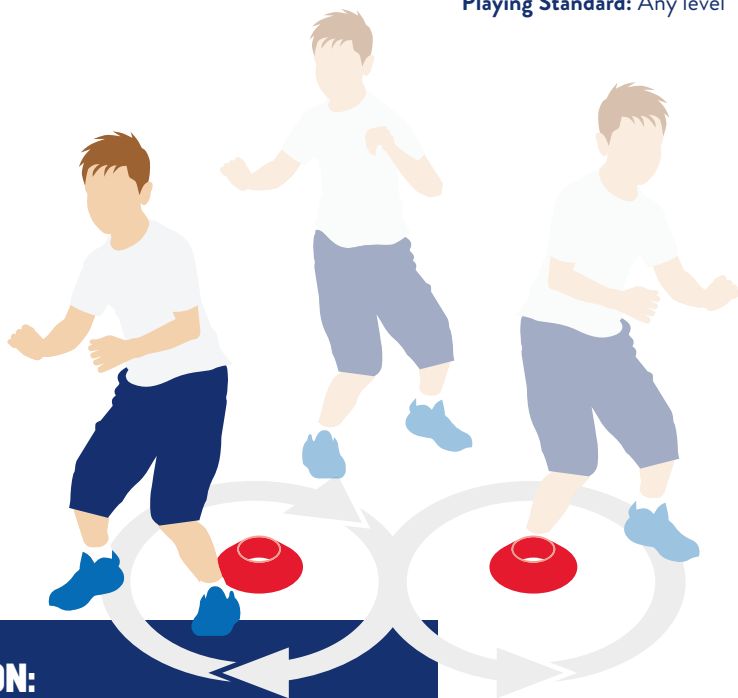
05

GR8

Activity Type: Starter activity
Playing Standard: Any level

EQUIPMENT:

- Cones or throw-down lines



ORGANISATION:

- Define the playing area.
- Position players at the side of court and demonstrate.
- Organise players into groups.

ACTIVITY:

- Start in the centre of the 2 cones or throw-down lines.
- Move around the 2 cones in a figure of 8, always facing forwards.
- Go 3 times round the 8 as fast as you can.
- Next time move in the opposite direction.
- For wheelchair users, increase the space between the 2 cones.
- For visually impaired players, use a sound ball and throw down spots instead of a cone.

EASIER:

- Walk the figure of 8 and gradually build up speed.
- Work around one cone rather than two to build confidence in the movement.

HARDER:

- A second player throws and catches a ball with the moving player.
- Move one cone forward so the figure of 8 is done diagonally.
- Do the activity by hopping to challenge balance.



SEE IT IN ACTION