

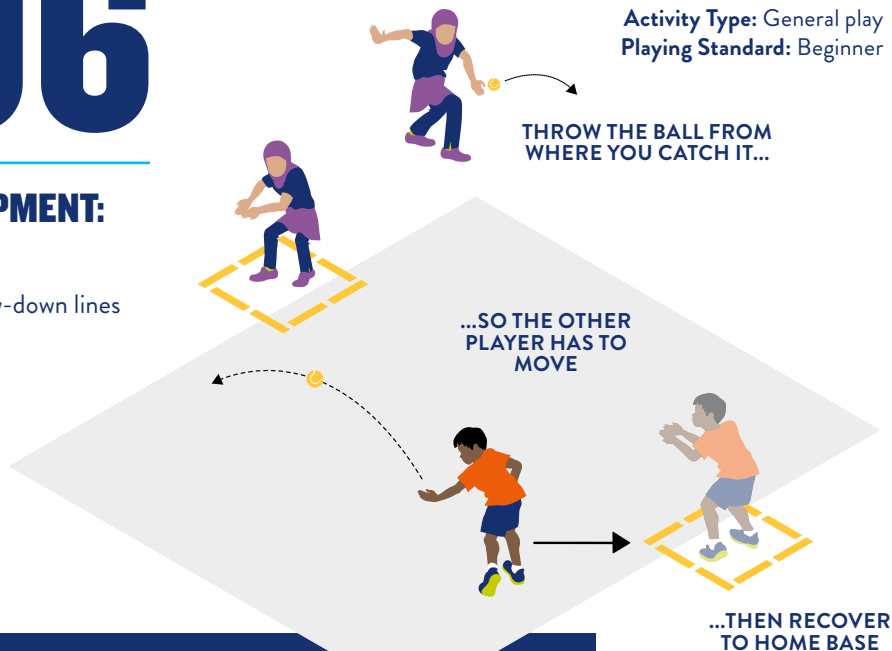
06

EQUIPMENT:

- Balls
- Throw-down lines

HOME BASE

Activity Type: General play
Playing Standard: Beginner



ORGANISATION:

- Define a court area suitable for the throwing ability of the players and mark a home base at each end using lines.
- Position players at the side of court and demonstrate.
- Organise players into pairs in each court area.

ACTIVITY:

- In pairs play Catch Rally.
- Players throw the ball to each other so that they must move away from their Home Base to catch it.
- Players throw the ball from the place they catch it and then recover to the home base creating a throwing rally.

EASIER:

- Decrease the size of the court.
- Stop after each catch to give the other player a chance to return to Home Base.
- Say 'home' to help players know when to throw.
- Use a bigger or slower ball.

HARDER:

- Increase the size of the court.
- Catch and throw with 2 hands on both sides.
- One player hits the ball.
- Both players hit the ball.
- Turn the rally into a competitive point.



SEE IT IN ACTION