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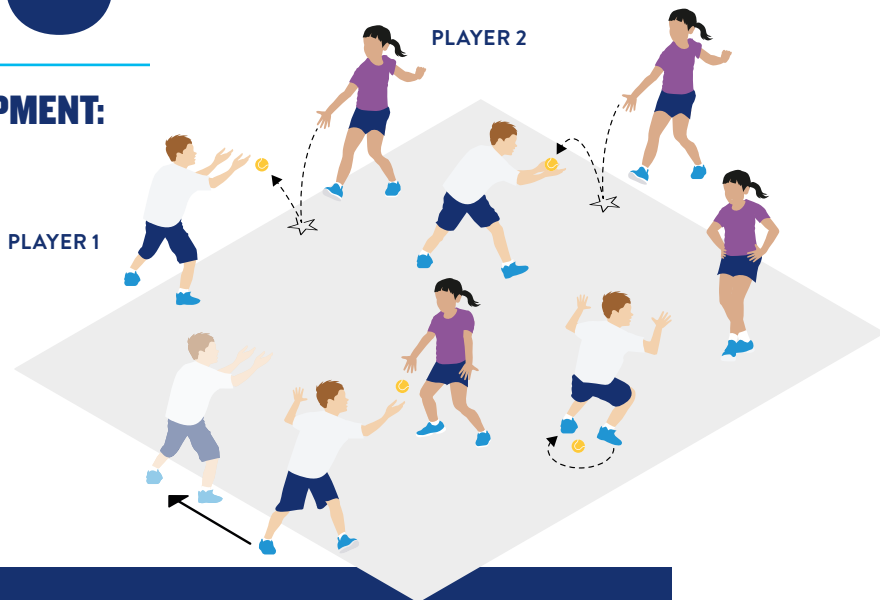
MOVE, CATCH, LAP

Activity Type: Starter activity

Playing Standard: Any level

EQUIPMENT:

- Balls



ORGANISATION:

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

ACTIVITY:

- Player 1 stands on the baseline ready to move.
- Player 2 stands 2-3 steps away with a ball in hand facing player 1.
- Player 2 throws the ball to a space so that player 1 moves to catch it after one bounce.
- Player 1 puts the ball on the ground, does a full loop of the ball with their feet (see diagram), picks the ball up and throws it to player 2 to repeat.
- For wheelchair users consider allowing two bounces if appropriate.

EASIER:

- Catch and throw without running round the ball.
- Use balloons instead of balls.

HARDER:

- Hop around the ball, each time on a different foot.
- Throw the ball wider to each other.
- Throw the ball and catch without a bounce.



SEE IT IN ACTION