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EQUIPMENT:

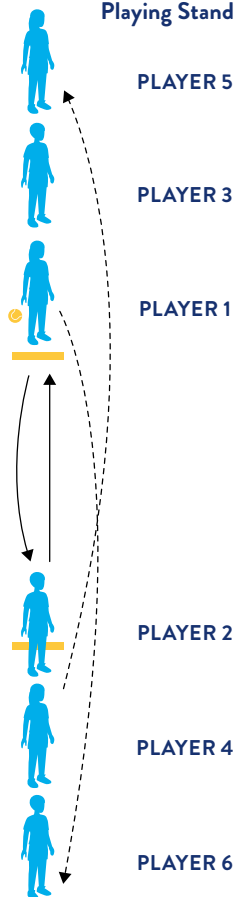
- Balls
- Throw-down lines

ORGANISATION:

- Two throw-down lines are placed 3m apart.
- Players work in teams
 - Players 1, 3 and 5 stand behind one throw down line.
 - Player 2, 4 and 6 stand behind the other line facing the other team.

THROW & GO

Activity Type: Starter activity
Playing Standard: Any level



ACTIVITY:

- Player 1 jogs across the gap, high fives Player 2 and moves to the back of the opposite queue. Player 2 then jogs across the gap, high fives Player 3, and moves to the back of the opposite queue and so on until back to starting positions.
- Player 1 now has a ball. They roll the ball to Player 2, and jog after the ball to move to the back of the queue as previously. Repeat until back at starting positions.
- Player 1 now underarm throws the ball, aiming that the ball bounces in front of Player 2 who catches it after one bounce. Player 1 follows the ball and joins the back of the queue as previously.

EASIER:

- Move in different ways from one side to the other.
- Use bean bags or a slower moving ball.

HARDER:

- Increase distance between teams.
- Introduce a hoop to hit/throw a ball through between teams.
- Single hand only throw and catches.



SEE IT IN ACTION