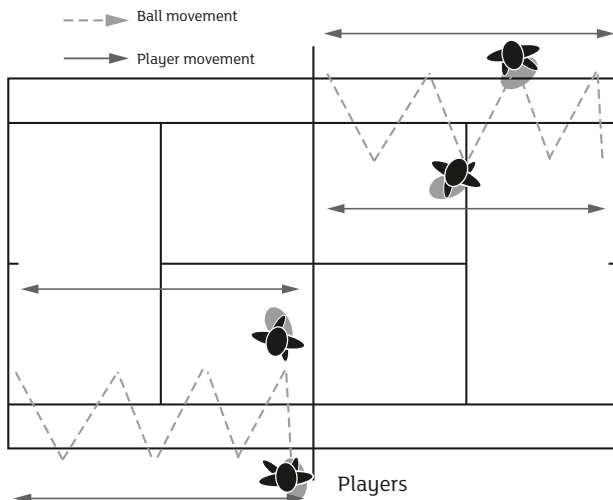


RACING RALLIES

COORDINATION, PULSE RAISER

EQUIPMENT:

Balls



ORGANISATION:

Facing each other, sidestep lengths of the half-court doing one or more of the following:

- Bounce a ball to each other
- Throw a ball to each other
- Kick a ball to each other
- Doing a coordinated sequence of high fives
- Hand volley the ball to each other
- For wheelchair users consider pushing through a slalom course or alternate hand pushing in combination with the ball skill

Easier

- Throw a beanbag instead of a ball
- Roll a ball to each other
- Use balloons instead of balls

Harder

- Bounce, kick, or throw 2 balls
- 1 player repeatedly changes direction of movement

COACHING POINTS:

- Keep your head up to watch your partner as well as the ball
- Have a balanced base and light footwork