

WARM UP

Switch on the go

How to Play:

- Students work in 4s with 1 throw down line each and 1 ball between them
- Students place their lines to make a square, approx. 2m apart, and stand behind their line
- Student 1 throws the ball to any of the other students, then moves to a different side. Student 1 can choose which side to move to and if there is already another student on that side, they stand behind them.
- Students should let the ball bounce before catching it
- Continue bounce passing the ball around the square ensuring the ball is passed to everyone

Progression:

- Students continue working in 4s. Student 1, 2 and 3 become a team standing on the sides of the square.
- Student 4 starts in the middle of the square
- Students 1, 2 and 3 pass the ball to each other aiming to get 5 passes. They continue to move to a different side each time they throw the ball.
- Student 4 tries to intercept the ball
- Aim for 5 passes then switch the student in the middle

TEACHING POINTS:

- Focus on the ball
- Move into a space without bumping anyone
- Quick shoe movements

PROGRESSION TEACHING POINTS:

- Light on feet
- Use side steps

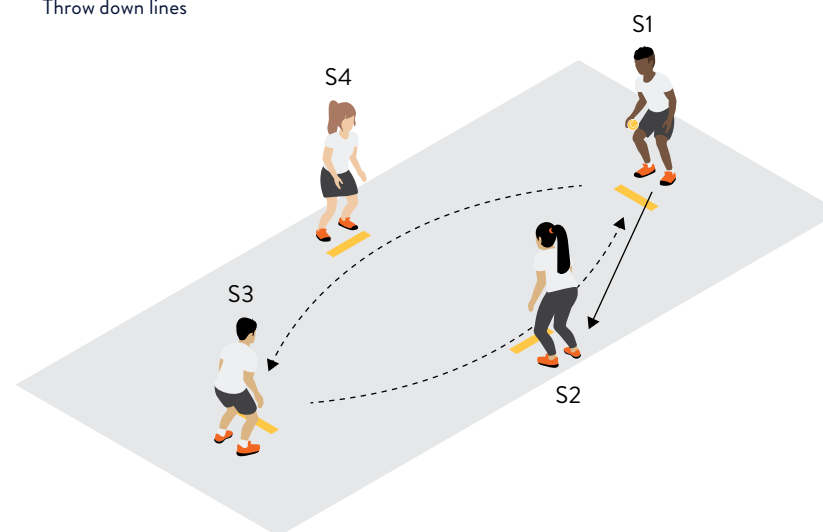
Equipment:



Tennis balls



Throw down lines



Progression:

