



SKILL TO PLAY

RECEIVING THEN GIVING BALL WITHOUT IT TOUCHING THE CHEST - CATCH + PASS

WEEK 2

KEY

CONE BALL PLAYER DIRECTION OF TRAVEL



- Can you catch a ball using 2 hands without it touching your chest?
- Can you catch a ball using 1 hand without it touching your chest?
- Can you catch a ball whilst you are running without it touching your chest?
- Can you pass to a target with 2 hands?
- Can you pass to a target with 1 hand?



MOVE TO PLAY

<p>Superman</p> <p>CLICK HERE FOR MORE INFORMATION</p>	<p>Medicine Ball Throw</p> <p>CLICK HERE FOR MORE INFORMATION</p>
--	---

THINK TO PLAY

- I understand what quality practice is.
- I set goals on my practice and try to improve week to week.

LIVE TO PLAY

- I plan when and where my practice will take place.
- I understand good sleep patterns will help me to be healthy.

