

SKILL TO PLAY



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

WEEK 2







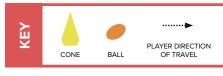






THINK TO PLAY

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



- 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?



LIVE TO PLAY

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



INFORMATION



INFORMATION





