



SKILL TO PLAY

RUN WITH THE BALL – CARRY



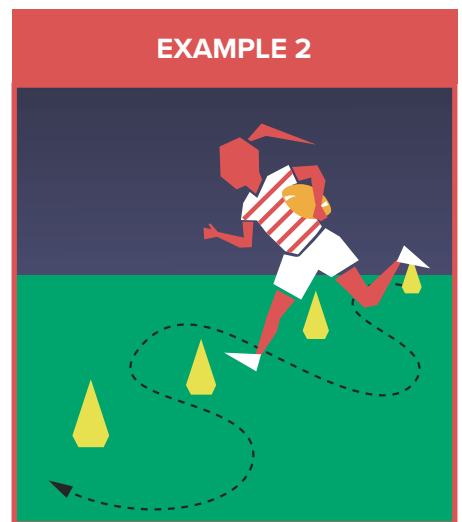
WEEK 9

KEY

CONE BALL PLAYER DIRECTION OF TRAVEL



- Can you run with a ball in 1 or 2 hands?
- Can you change from 2 to 1 hand and back whilst running?
- Can you change direction whilst you do it?
- Can you put the ball around your back or through your legs?



MOVE TO PLAY

Run in a straight line.	Turn off either foot.
CLICK HERE FOR MORE INFORMATION	CLICK HERE FOR MORE INFORMATION

THINK TO PLAY

- I understand the benefits of practice.
- I know that practice helps me and my team to improve.

LIVE TO PLAY

- I spend time practicing skills.
- I manage my time to balance sport, training and school/ work.

