



SKILL TO PLAY

CATCH + PASS

WEEK 6



SKILL TO PLAY

- 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

Superman



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Medicine Ball Throw



CLICK HERE FOR MORE INFORMATION

THINK TO PLAY

- I want to practice and learn new skills.
- I know that working away from school/ club will help my development.

LIVE TO PLAY

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



VIDEO 1



VIDEO 2



VIDEO 3



VIDEO 4

GAME CHALLENGE

- Video yourself passing to some targets, empty bins, target on the wall, a parent, can you do it once or repeat it often?