

# Bench Bounce

- Move along bench and hold ball into belly (head up and look forward)
- Move along bench bouncing the ball
- Move along the bench and catch the ball when thrown.

# Bench Passing

- ✓ Stand on opposite benches
- ✓ Throw to partner on other bench
- ✓ High/belly/right and left
- ✓ Try it on one foot!

# Ladders passing:

- Jump/hop/skip through ladder
- Throw or fist the ball to person at cone and change places

# Ropes Speed Bounce

- Jump over rope while holding ball into belly
- Get partner to count how many in 30sec then change places
- Try it hopping
- Try it hopping or jumping and fisting/throwing it to partner

# Bouncing relay

- Bounce 1,2 right, left hands
- Sprint back

# Crazy pick-ups

- ✓ Show how to pick ball up
- ✓ Pick the ball up -run 4 steps and set down
- ✓ Can you beat your last score by 3?
- ✓ Run 4 steps and bounce 4 steps and set down
- ✓ Have one trying to get the ball off the others

# Dribbling:

- Dribble with right/left foot around cones
  - Kick to score with right/left foot
    - Keep note of score

# Relay

- Hop/Skip/Jump/ Run backwards
- Fist the ball off the wall, catch, sprint back and fist to next in line
- Bounce after every 4 steps

# Kicking through the gate

- Kick to partner on ground
- Kick from hands to partner
- Can you get ten good kicks?

# Crazy Balls

- Drop ball straight
- Catch after one bounce (one point)
- Try to reach 10
- Change by throwing it to the wall.

# Tag Chase

- Try to reach the other end without getting tagged by tagger.
- Four steps and a bounce/solo

