★ ACTIVITY / CATCHING CATERPILLAR

FOCUS:

CATCHING, BALL HANDLING, HAND-EYE COORDINATION, RUNNING
DURATION: 8 MINUTES MAX.

EQUIPMENT:

1 BALL PER TEAM

DESCRIPTION:

▶ Split players into teams

▶ Teams then split into two groups that face each other in a line arm's length apart

▶ Ball thrown in a zig zag along the team.

▶ Once player has thrown the ball they run to the end of the caterpillar arm's length from end player.

▶ Team with all players over finish line first wins.

MAKE IT EASIER: ⌃

▶ Decrease the distance between partners

▶ Use a scorcher ball

▶ Ball can be rolled rather than thrown

MAKE IT HARDER: ⌄

▶ Increase the distance between partners

▶ If the ball is dropped the team must go back to start line

▶ Introduce multiple balls

START LINE

FINISH LINE