

★ ACTIVITY / TRAFFIC CATCHING

FOCUS:

CATCHING, BALL HANDLING, HAND-EYE COORDINATION, SPATIAL AWARENESS, RUNNING

EQUIPMENT:

1 BALL PER TEAM AND CONES



DURATION: 8 MINUTES MAX.

DESCRIPTION:

- ▶ Set 4 cones in a grid (or two cones opposite each other for 2 groups)
- ▶ Split your group into 2 or 4 even groups depending on the number and skill level of participants.
- ▶ Each group stands in a line behind a cone facing another group.
- ▶ The person at the front of each line has a ball
- ▶ On your call, the front player from each group runs or jogs to the cone part way across the grid
- ▶ They then pass the ball on to the player at the front of the line opposite and join the back of their line.
- ▶ The player who catches the ball then repeats the action moving in the opposite direction.

MAKE IT EASIER:



- ▶ Start at a walking pace and increase speed slowly
- ▶ Use a scorcher ball
- ▶ Start with less balls
- ▶ Ball can be rolled rather than thrown

MAKE IT HARDER:



- ▶ Increase the speed of the activity
- ▶ Pass to the right (or left) and follow the ball.
- ▶ Pass to the right (or left) and run straight through.

