



HOWZAT!

Games – Warm Ups

Name: Effective Recall

Aim:

To warm players up physically and mentally.

To acquire and develop a range of movement skill, spatial awareness skills, catching skills and memory recall.

To select and apply skills and tactics to effectively remember the catching sequence.

To evaluate and improve performance by thinking about how to use catching techniques to increase performance.

Organisation:

Players move round a coned area passing the ball from hand to hand. The teacher / coach calls out a number which links to a command listed: 1) throw the ball in the air and clap 7 times; 2) throw the ball to another person swapping in mid air; 3) bounce the ball from left hand to right hand 7 times; 4) figure of 8 through the legs whilst walking (forwards and backwards); 5) throw the ball in the air and catch behind back.

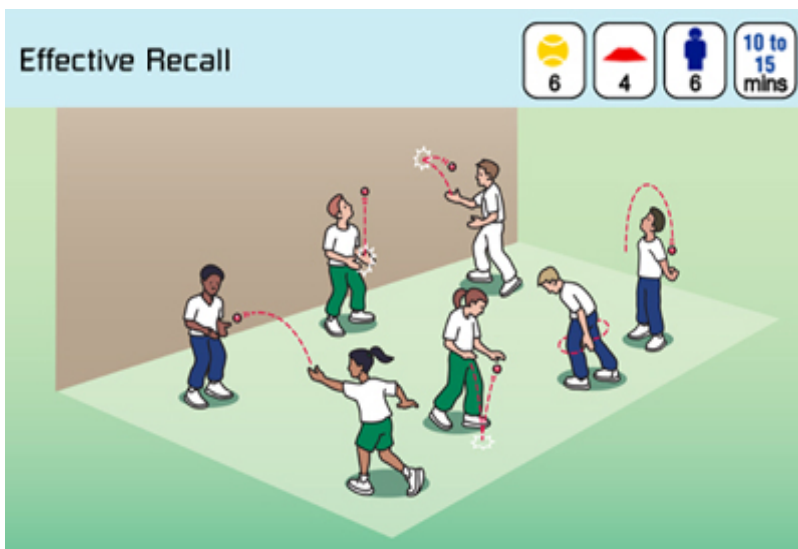
Technique:

Maintain a balanced position; Watch the ball; Hands ready; Remember the commands; Communicate with other players.

Adaptation/Variation:

Increase / decrease the commands; Use a bigger ball; Ask players to invent own trick.

If used as a cool down: Perform at a slower pace; Add static stretches; Reflect on the session; Players to re-hydrate.



Equipment:

Players: 24;

Cones: 4;

Tennis Balls: 24;

Time: 10 -15 mins