



HOWZAT!

Games – Warm Ups

Name: Keep Ball

Aim:

To warm up physically and mentally.
To acquire and develop a range of movement skills, spatial awareness skills and catching skills.
To select and apply skills and tactics to effectively complete a sequence of passes to score a team point or prevent a team from scoring.
To understand the benefits of fitness to maintain and increase performance.

Organisation:

Players are divided into two teams. Players pass the ball to team members whilst moving around in a coned area. Once 5 consecutive passes have been made one point is scored.

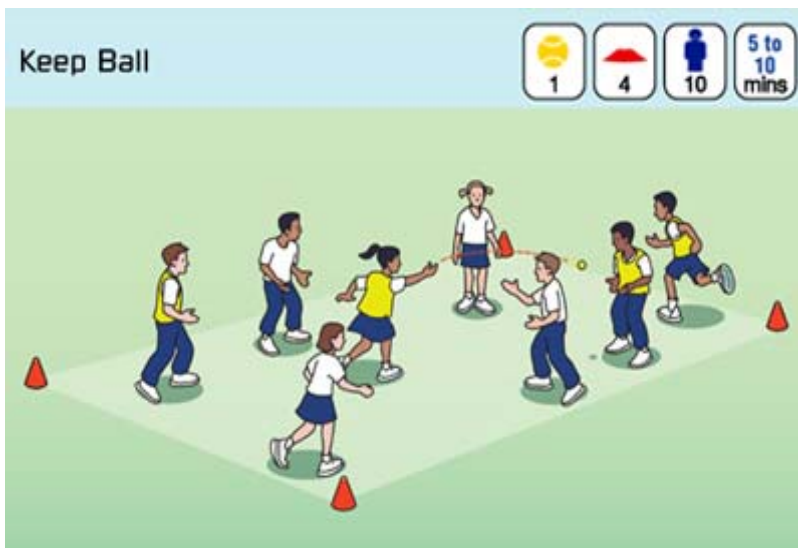
Technique:

Maintain a balanced position; Watch the ball; Hands ready; Communicate with players; Call for the ball.

Adaptation/Variation:

Increase / decrease the coned area; Increase / decrease the number of players; Use another ball; Catch one handed only; Use a bigger ball; Incorporate other movements – side steps, skipping, hopping, jumping, walking.

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



Equipment:

Players: 12 per game;

Cones: 4 per game;

Tennis Balls: 1 per game;

Time: 5 -10 mins