

WARM UP

Throw & go

How to Play:

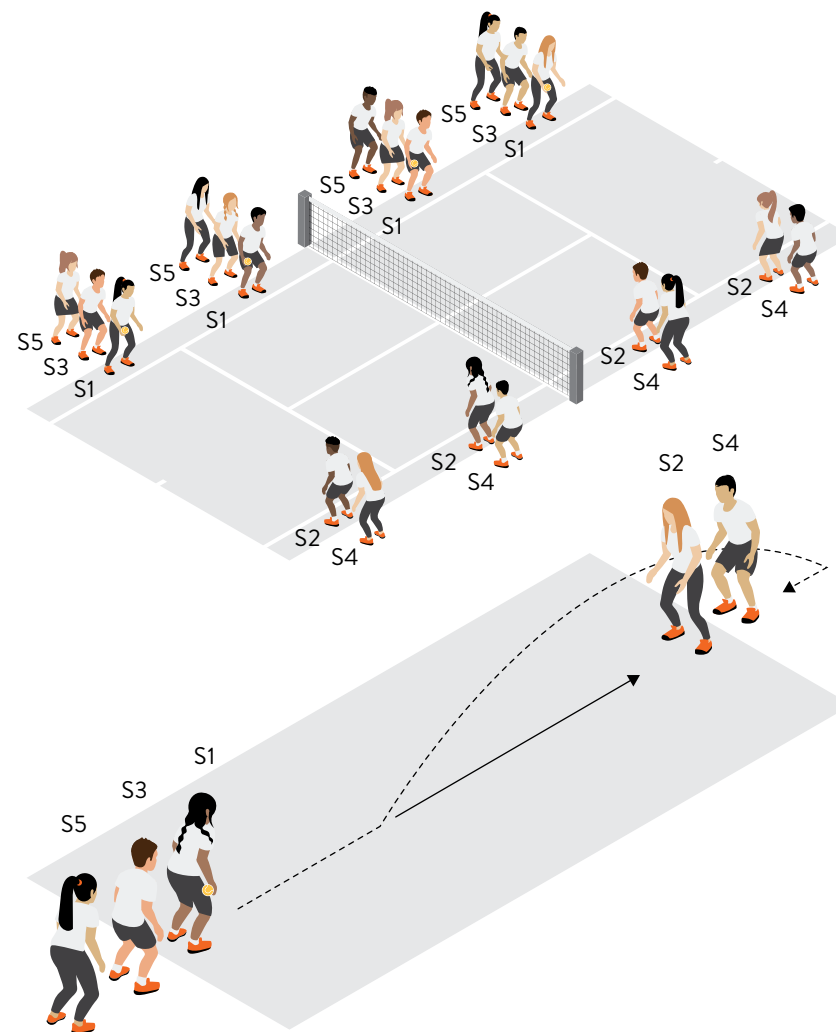
- Students work in groups of approx. 6 with 1 ball
- Half the group stand behind the inside tramline and the other half stand on the opposite inside tramline facing each other
- Student 1 starts with the ball and runs half-way across the court (the centre line)
- At the centre line they throw the ball using 2 hands on the left side of the body, rotating from the waist (like a rugby pass), to Student 2 at the front of the opposite line
- Student 1 follows the ball and joins the back of the other line
- Student 2 catches the ball then runs to the centre line and throws the ball to Student 3 who is now at the front of the opposite line
- Student 2 follows the ball and joins the back of the opposite line
- Students continue running and throwing across the court in
- Repeat throwing using both hands on the right side of the body

Progression:

- Run to the centre line then throw using the right hand from a head height position, aiming to bounce the ball half-way for the next student to catch
- Repeat using the left hand
- The receiving student, now taps the ball up after the bounce, with their right hand; they then catch the ball and run forwards to throw the ball to the next student
- Repeat using the left hand

Equipment:

- Tennis balls



TEACHING POINTS:

- Ready position
- Track the incoming ball
- Rotate the body from the waist
- Light on the feet
- Control the speed of the throw
- Work as a team

PROGRESSION TEACHING POINTS:

- Adjust the shoe position based on which hand is throwing