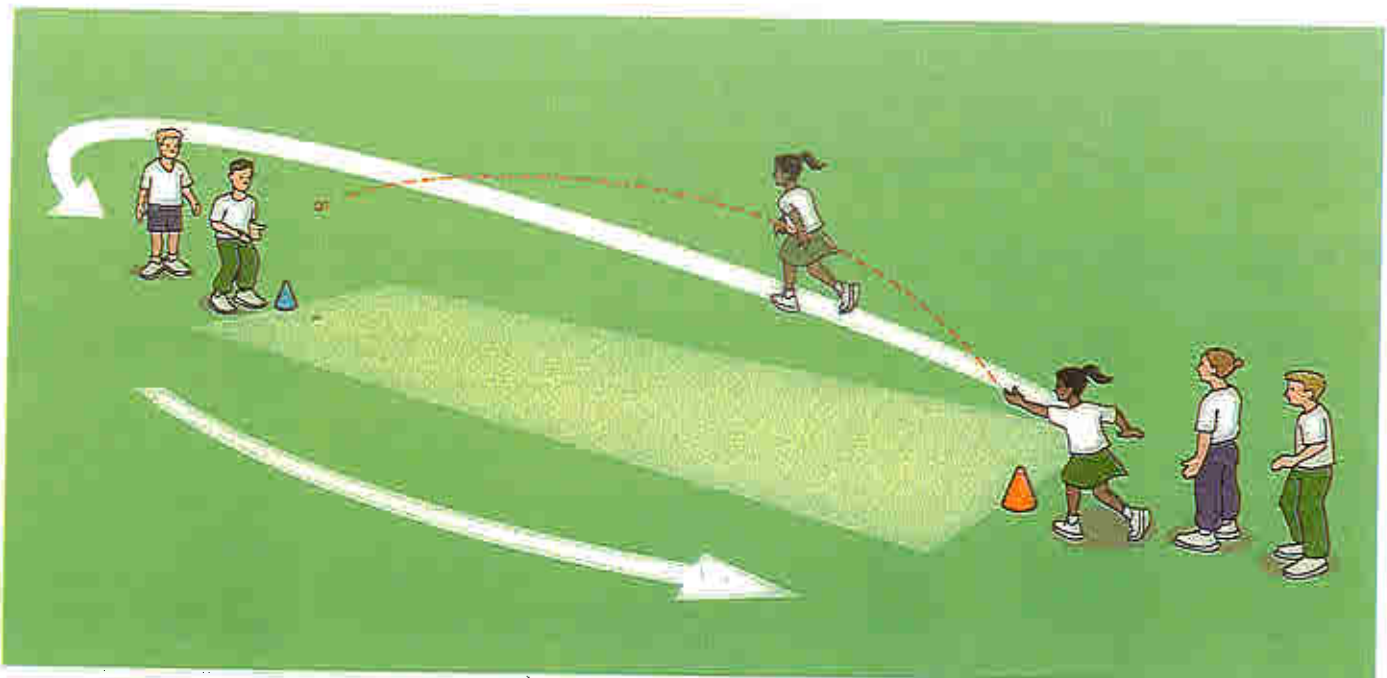


WARM UP - CATCHING RELAY

- Players number themselves 1 to 5
- 1 to 3 stand behind the red cone
- 4 to 5 stand behind the other cone
- Number 1's fetch a ball and rejoin group
- Underarm throw to the person opposite
- Once you have thrown the ball walk to the back of the other line



Easier / harder

- Increase pace
- Use bigger / smaller ball
- Different types of ball
- One handed catching - strongest / weakest hand
- Bounce pass
- Change height of pass
- Increase / decrease distance of pass
- Include scoring - start again if team drops a catch

Include mobility exercises:

- Circle arms forward then back - arms straight - brush ears with arms
- Skip forwards
- Side steps
- Heel flicks