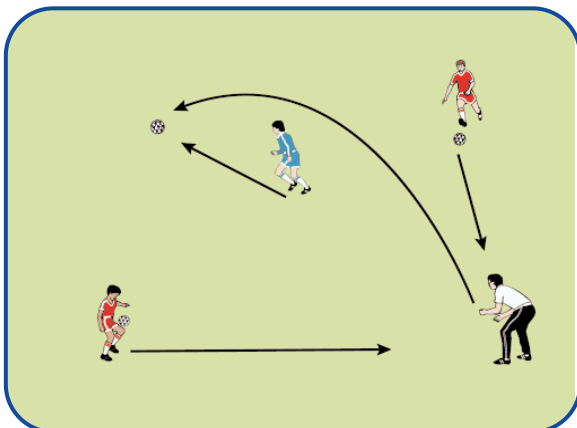


● Ball Retrieve - In Pairs



Implications for the Game

Technical

- Changing direction
- Quick reaction time

Physical

- Running

● Activity Organization:

Each pair has a ball.

The player hands the coach their ball. (The coach can only handle one ball at a time.)

The coach then tosses the ball away and the pair must retrieve the ball as quickly as possible, bringing it back to the coach anyway they want. The players are encouraged to bring the ball back a different way each time.

After several opportunities to bring the ball back, the coach then calls out a number between 1 and 15 as the player gives the coach the ball. The player's challenge is to bring back the ball touching the ball that number of times.

VARIATION:

The coach can also move, so that the players must look up to see where the coach is now standing.

Tactical

- Looking for other players while running
- Looking up to find the ball in the air

Social/Psychological

- All players involved

Related Activities

- Ballnastics - Individual
- Ballnastics - Competitive
- I Can do Something, Can You?