

RETURN TO COURT ACTIVITY CARD PHASE 2/3

AIM OF THE ACTIVITY

FORWARD THINKING

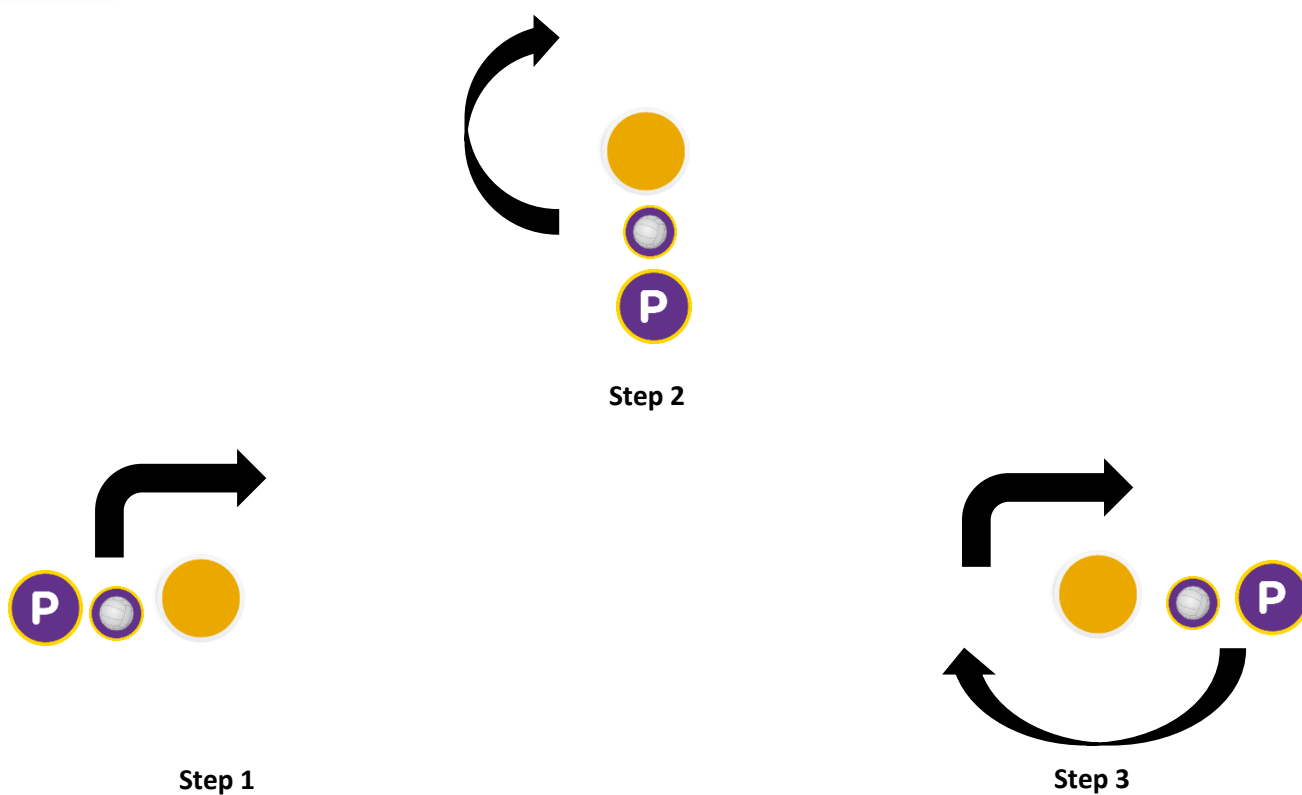
An activity aimed at getting in front of your players to receive a ball.

EQUIPMENT

1 ball per participant

1 marker/ spot per participant

DIAGRAM



DESCRIPTION

Each participant has one ball and one marker placed on the ground

Participant stands to the left of the marker

Step 1: Participant throws the ball up in front of them, steps forward and in front of the marker to catch the ball

Step 2: To make it harder, participant starts standing behind the marker.

Step 3: To make it even more challenging, the participant stands on the right side of the marker, throws and moves behind, to the left and in front of the marker to catch the ball

WHAT'S NEXT?

Bounce the ball instead of throwing it up in the air; repeat steps 1 to 3 movements