

RETURN TO COURT ACTIVITY CARD

AIM OF THE ACTIVITY

CROSS BALL WALK

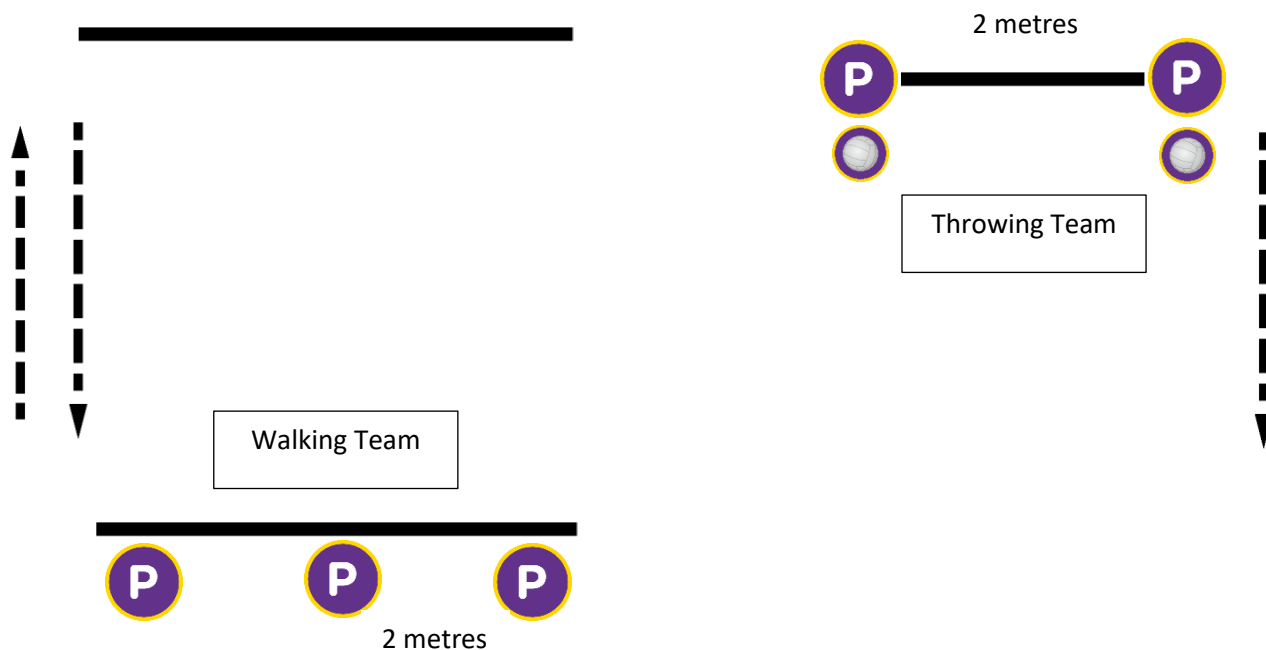
Great for teamwork, throwing and catching.

EQUIPMENT

1 ball per participant

Markers/cones

DIAGRAM



DESCRIPTION

Divide the group into two teams

One team is set to walk in a relay from one marker and back (2m between each participant). They are the 'Walking Team'

The other team, working individually, throw and catch the ball. When they catch the ball, they need to take two steps, applying the Walking Netball footwork rule. This is the 'Throwing Team'. They need to throw and catch their ball 20 times, whilst the 'Walking Team' count how many times they can walk up and down in the same time. Swop activities. Winning team = team who complete the most 'walks'

WHAT'S NEXT?

Change how the 'Walking Team' travel to their marker e.g. stride, lunge, heel flicks, side step

The 'Throwing team' could bounce the ball and catch.