

RETURN TO COURT ACTIVITY CARD

AIM OF THE ACTIVITY

CHANGING PLACES

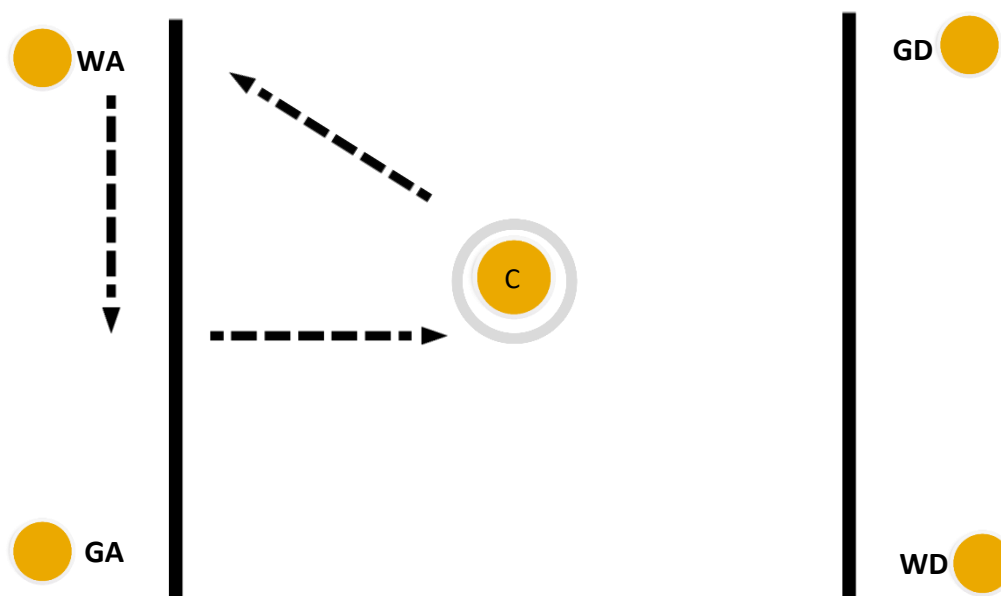
A game to get you thinking about where you start for a Centre Pass. Good to practice reactions too.

EQUIPMENT

A marker/sport for each position

1 ball per participant (for the progression)

DIAGRAM



DESCRIPTION

Set up 5 markers for the positions of **Centre, Wing Attack, Wing Defence, Goal Defence, Goal Attack** (as shown) ready for a centre pass. Get participants to stand in these positions.

The Host then shouts out a positions (e.g **WA**) The player in the **Centre** position now needs to move to the position called by the host. The **WA** needs to travel along the line, stop half way, and then make their way to the Centre Circle, ready for the next position to be called.

The Host continues to shout out positions and the players change places.

WHAT'S NEXT?

Change how the participants move from one position to the next

To mix it up, add GS and GK and place them as if standing in the shooting circle. Remove the WA and WD positions to do this (*so to maintain max group of 5*).

Introduce some ball handling skills whilst waiting in position