



SKILL TO PLAY

PICKING UP AND PUTTING THE BALL DOWN – GRIP

WEEK 7

PICK THE BALL UP WITH 2 HANDS



PUT THE BALL DOWN WITH 2 HANDS



PUT THE BALL DOWN WITH 1 HAND



PUT THE BALL DOWN WITH 1 HAND



SKILL TO PLAY

- Can you pick a ball up with 2 hands.
- Can you put a ball down with ball in 2 hands.
- Can you put a ball down with ball in 1 hand.
- Can you put a ball down whilst both feet are in the air.



MOVE TO PLAY

Superman



CLICK HERE FOR MORE INFORMATION

Vertical Jump



CLICK HERE FOR MORE INFORMATION



THINK TO PLAY

- I conduct my own practice away from school/club.
- I record the things I do/try/practice as a video or diary.



LIVE TO PLAY

- I plan when and where my practice will take place.
- I understand good sleep patterns will help me to be healthy.



VIDEO 1



VIDEO 2



VIDEO 3



VIDEO 4

GAME CHALLENGE

- Video of yourself scoring a try, this can be 1 or 2 handed, feet on or off the floor - Make it exciting!