

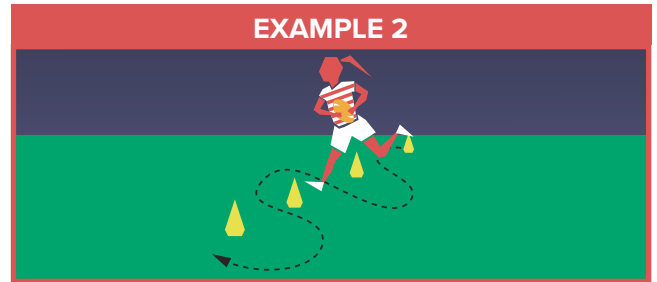
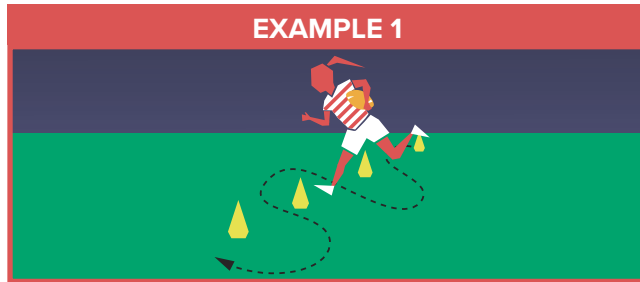


SKILL TO PLAY

RUN WITH THE BALL – CARRY



WEEK 8



SKILL TO PLAY

- Can you run with a ball in 1 or 2 hands?
- Can you change from 2 to 1 hand and back whilst running?
- Can you change direction whilst you do it?
- Can you put the ball round your back or through your legs?



MOVE TO PLAY

Run in a straight line.

Turn off either foot.



[CLICK HERE FOR MORE INFORMATION](#)

[CLICK HERE FOR MORE INFORMATION](#)

THINK TO PLAY

- Understands seeing and trying new skills is important.
- Know that watching players try skills will give me ideas and help me to learn.

LIVE TO PLAY

- I find opportunities to watch new skills and try them.
- I enjoy watching new things then trying them out.



GAME CHALLENGE

- Video of yourself completing a skill challenge with the ball, round your back, through your legs and showing a 1 handed grip.