



# SKILL TO PLAY

## CATCH + PASS

### WEEK 9



#### SKILL TO PLAY

- Can you catch a ball using 2 hands without it touching your chest?
- Can you catch a ball using 1 hand without it touching your chest?
- Can you catch a ball whilst you are running without it touching your chest?
- Can you pass to a target with 2 hands?
- Can you pass to a target with 1 hand?



#### MOVE TO PLAY

Superman



CLICK HERE FOR MORE INFORMATION

Medicine Ball Throw



CLICK HERE FOR MORE INFORMATION

#### THINK TO PLAY

- I want to practice and learn new skills.
- I know that working away from school/ club will help my development.

#### LIVE TO PLAY

- I spend time practicing skills.
- I manage my time to balance sport, training and school/ work.



VIDEO 1



VIDEO 2



VIDEO 3



VIDEO 4

#### GAME CHALLENGE

- Video yourself passing to some targets, empty bins, target on the wall, a parent, can you do it once or repeat it often?