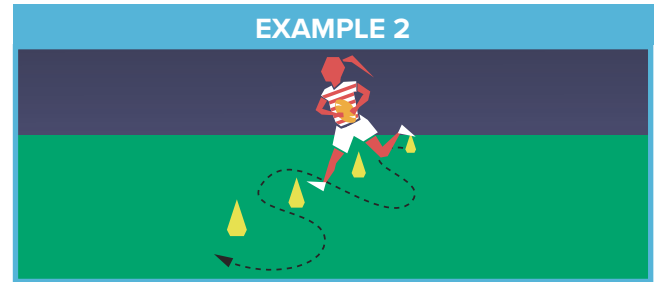
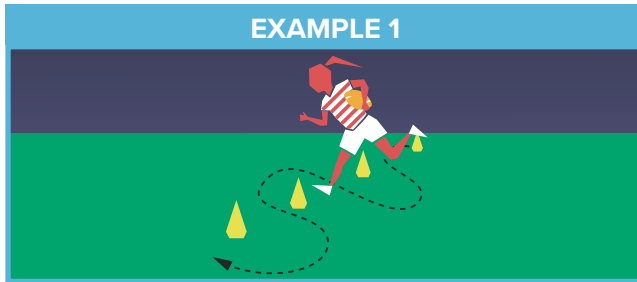




SKILL TO PLAY

CARRY | U16 - U18

CARRY



SKILL TO PLAY

- Can you transfer from 2 hands to 1 hand whilst changing direction?
- Can you transfer from 1 hand to 2 hands whilst changing direction?
- Can you put the ball round your back without dropping it whilst running?
- Can you put the ball through your legs without dropping it whilst running?



MOVE TO PLAY

- Run in a straight line. [CLICK HERE FOR MORE INFORMATION](#)
- Hop, Stick + Grip. [CLICK HERE FOR MORE INFORMATION](#)
- Turn off either foot. [CLICK HERE FOR MORE INFORMATION](#)

THINK TO PLAY

- I understand seeing and trying new skills is important.
- I 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.