ROB THE NEST

CATCH / PASS

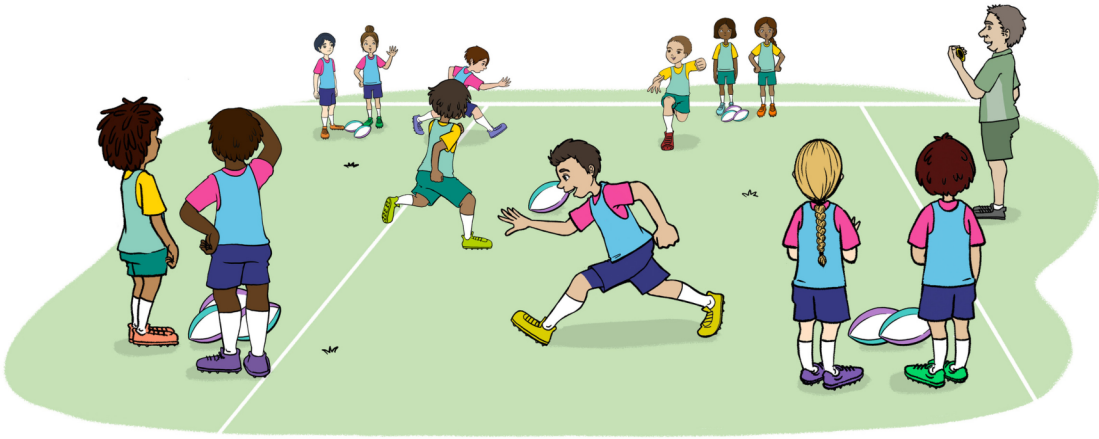
Description

Divide participants into four teams with each team positioned in the corner of a grid, and a '*nest*' of balls placed in the centre.

On the Coach's signal, one member of each team runs forward and collects a ball from the '*nest*', and returns it to their corner, before the next member of the team runs forward and repeats the process.

Once all balls have been collected from the '*nest*', participants may steal balls from opposing teams.

After a set period of time, the team with the most balls in their corner wins.



Equipment

8 x cones

16 x balls

Scan to view video

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Coaching Outcome

Participants learn to carry the ball in two hands, use spatial awareness, and work as a team in this fun catch and pass game.

Check for Understanding

Q How should we carry the ball?

Q By carrying the ball in two hands, what does this allow us to do?

Q How do we make sure that we do not run into other players?

Change It

Alter the size of the grid so that participants have further to move.

Assign different point values to balls to encourage participant decision-making.

Once collected, participants must pass the ball back to their corner. If the ball is dropped, it must be returned to the '*nest*'.