

## ACTION

### *Dribbling Action*

#### *Drills*

- File relay
- Time width

#### *Passing*

#### *Throwing*

#### *Pass 'n Go*

#### *Circle Passing*

#### *Piggy in the Middle*

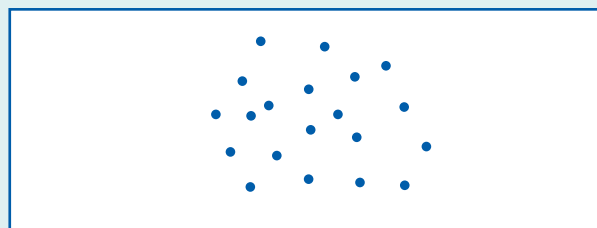
#### *Game*

#### *Alternatives*

## POINTS TO NOTE

- Ball may not be submerged.
- Ball is kept between two arms. Head up, front crawl with shorter arm action.
- One arm only to catch and throw.
- Cannot submerge the ball.
- Egg beater kick in treading is very effective especially for advanced swimmers.
- Teams start and restart at their own goal end.
- Ball is dropped in middle of pool.
- No tackling.
- Advanced swimmers cannot stand, hold side of pool.
- Modify rules to suit ability.
- Record heart rate!
- Place 20 floats / 20 arm bands / floating objects in centre of pool.

TEAM A



TEAM B

- Team discuss tactics to collect as many as possible.