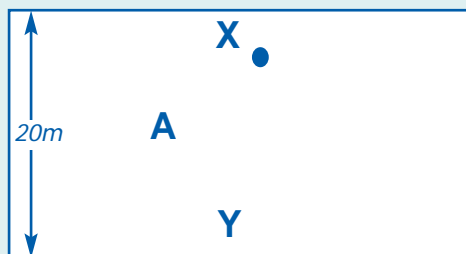


NO. 1



1. X with ball
2. X and Y jog to point A.
3. X passes ball to Y as they pass by and then jog on to the opposite side.
4. Both X and Y turn to return to A to repeat
(Note: No sharp turns).
5. Constant light jogging with ball, change at A.
6. Vary ball change e.g.
 - a) simple pass
 - b) toss ball high
 - c) leave ball down
 - d) handpass.

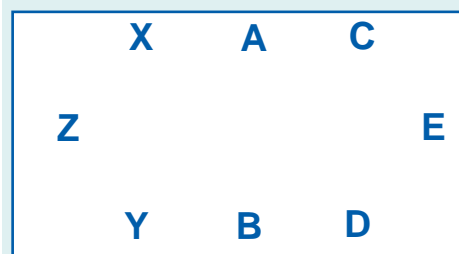
NO. 2



Roughly 12 x 8 per two.

1. Ball between two – jog around area.
2. One leader, one follower. Leader has the ball.
3. On call
 - a) change leader
 - b) get a 1 – 2 pass
 - c) swap ball with someone else
 - d) swap partner.

NO. 3



1. Ball each.
2. Students move around the area reacting to calls e.g.
 - a) dribble soccer style
 - b) bounce basketball style
 - c) sit down on ball and get up again
 - d) swap ball with someone else.

NO. 4



Line passing, rugby style, while moving around an area. A passes to B and so on. Can either pass back again, E to A, or if it is a big area, then A can loop around to get a pass from E.