

Bounce Rhythm

Play a favourite song and bounce a ball in time with the beat of the music.

Change to pass round waist, figure of eight through legs hit the beat when the ball touches one hand.

Challenge

Can you work with a partner passing the ball on the rhythm beat; chest pass, bounce pass, one handed pass. Partner throws ball for volley return with inside of foot.

Introduce movement stepping forward delivering chest pass, hop on standing foot in between volley return.

Adaptations and tips

Can you use a smaller ball
Change music to a song with faster rhythm. Start off with slower songs and progress to slightly faster songs.