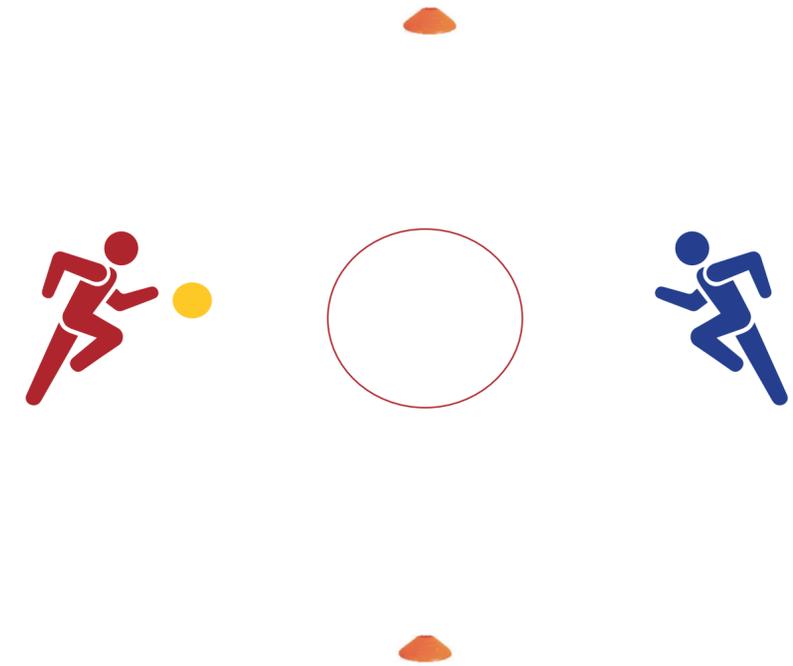


Net/ Wall - Creating Angles - Early/ First/ Second level

1. This game can be played with up to five players.
2. Each player must bounce the ball into the hoop passing it to the person opposite.
3. Players can use any type of bounce pass. One handed, two handed or overhead.
4. Once they have passed the ball the player should join the back of the opposite side.



Cognitive Skills

- > Problem Solving
- > Decision Making
- > Creativity

Physical Competencies

- > Balance & Control
- > Coordination & Fluency
- > Gross & Fine Motor Skills

Personal Qualities

- > Determination & Resilience
- > Respect & Tolerance
- > Communication

Physical Fitness

- > Core Stability & Strength
- > Stamina
- > Speed

Progressions

Early Level - Using a big ball (beachball Size) and a big hoop to bounce it in

1st Level - Replace hoop with smaller hoop and use a smaller ball (Football Size)

2nd Level - Now use a smaller target area (AN A4 Paper Size) and use a Tennis ball

Questions

1. How can you pass the ball so the person opposite you cannot return it?
2. Could you send the person opposite you the wrong way? How?
3. Where can you place yourself to react quickly?
4. How does your choice of pass vary the angle and speed of the ball?

Equipment

- > Cones, hoop and ball.