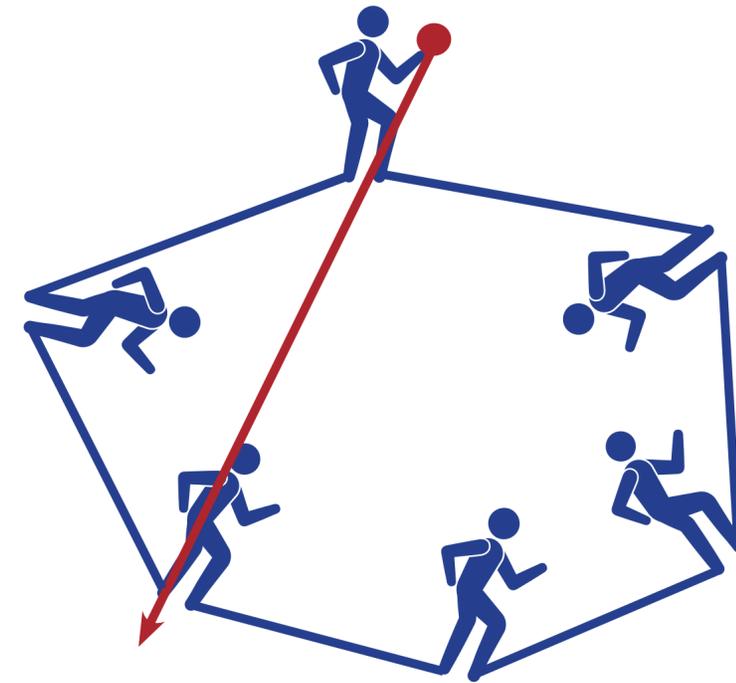


Striking - Circle Strike - Early/ First Level

1. This game requires 5-6 players in a circle
2. Each player must open their legs, quite wide and make sure they are touching ankles/feet with the players either side of them to LOCK the circle
3. The aim of the game is to bend down and strike the ball with your hands/arms
4. You are aiming to try and get the ball through someone else's legs
5. Each player has 5 lives and loses a life every time the ball is hit through their legs



Cognitive Skills

- > Decision Making
- > Focus & Concentration

Physical Competencies

- > Kinaesthetic Awareness
- > Coordination & Fluency
- > Gross & Fine Motor Skills

Personal Qualities

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

Physical Fitness

- > Core Stability & Strength
- > Flexibility
- > Speed

Progressions

1. Use a smaller ball (tennis ball) to make it harder to strike and defend with
2. Expand the group of 5 further and put in two balls, so there is more chaos to the game

Equipment

- > Soft Ball of your choice

Questions

1. How can you be accurate when striking?
2. How can you make sure you defend your legs/ goal?
3. What is the best way to generate power with your strike?