

★ ACTIVITY / CATCHING CROSSFIRE

FOCUS:

CATCHING, BALL HANDLING, HAND-EYE COORDINATION

DURATION: 7 MINUTES MAX.

EQUIPMENT:

1 BALL PER PAIR, CONES TO MARK A CIRCLE



DESCRIPTION:

- ▶ Players form a circle with one ball between each pair.
- ▶ Each person has a partner opposite them in the circle.
- ▶ Every pair must throw the ball to each other across the circle.
- ▶ If either player drops the ball they get an 'out'
- ▶ The team with the least number of outs after a predetermined period wins.

MAKE IT EASIER:

- ▶ Reduce size of the circle

MAKE IT HARDER:

- ▶ Increase size of the circle
- ▶ Partners swap positions after 5 successful catches

