

Week 2

Athletic skill (warm-up): 5m sprints, competition



Low body position,

Key points:
hands in front of the body

Striking: step and swing – balls off cones against net



Key points:
Big stride, full swing, extend follow through

Coordination: Bounce and catch, 10 x player – players opposite one another



Key points:
Eyes on the ball, hands together, none throwing hands aims

Bowling/throwing: Gather – jump from left to right over row of small cones



Key points:
hands in-front of face towards target, front arm extended, body in side on position

Game: Target hit – on-side. Coach throw. 2x batsman alternate, 2x fielders, 2x keepers alterna

