

SKILL CARD GREEN #1 – GATHERING LOOSE BALLS

Players required: 1 or 2
Total Time: 15 minutes
Skills: Gathering Loose Ball
Warm Ups: Dynamic Warm Ups

Intensity: Low
Variation: Low
Difficulty: Easy

ACTIVITIES	REPS	TIME
1. Stationary Ball – Handball in front	10	
2. Stationary Ball – Handball to left	10	
3. Stationary Ball – Handball to right	10	
4. Physical Activity – Core Stability (Bridges)		1min
5. Roll Retrieval	10	
6. Oncoming Bouncing Ball	10	
7. Partner Roller Ball	20 each	
8. Shin Ball	20 each	
9. Physical Activity – Core Stability (Side Bridges)		2mins

Outcomes: Improved hand / eye co-ordination – Core Stability
Cues: Eyes on / Bodyline / Knees bent