

# SKILL CARD YELLOW #2 – GATHERING LOOSE BALLS

**Players required:** 2 to 4  
**Total Time:** 12 minutes  
**Skills:** Gathering Loose Balls  
**Warm Ups:** Dynamic Warm Ups

**Intensity:** Medium  
**Variation:** Medium  
**Difficulty:** Medium

	<b>ACTIVITIES</b>	<b>REPS</b>	<b>TIME</b>
1.	Half Volley Take	10	
2.	Ball Chase and Gather (Pairs)	2 x 10	
2.	Barrier Ball (In 4's)	10 each	
3.	Physical Activity – Thigh Squats	2 x 30secs	1min
4.	Gather from the Spoil (In 4's)	10 each	

**Outcomes:** Improved hand / eye co-ordination – Core Stability

**Cues:** Eyes on / Bodyline / Knees bent