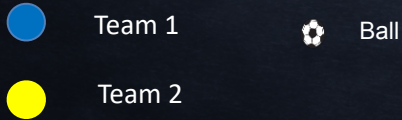
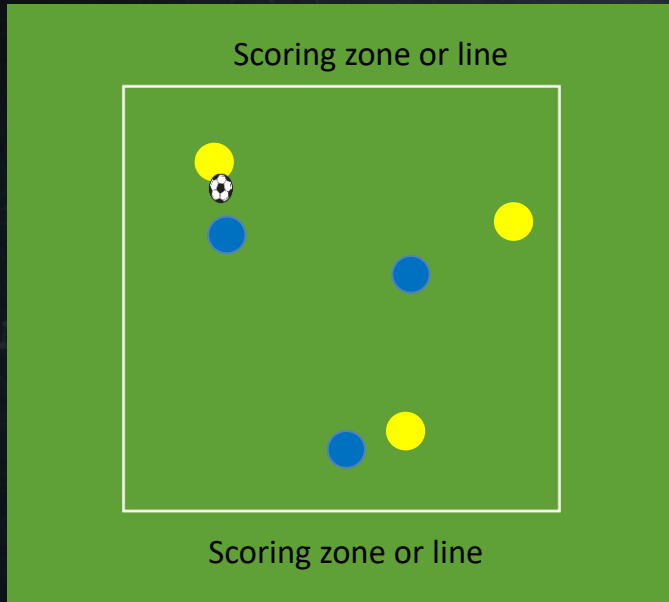


Warm up Fun Focus session 8



Organisation: The game shown is 3v3 and this is a nice format to use to begin to introduce the notion of “intercepting” with Foundation Phase players. The game is handball and each team must try to keep possession and penetrate to the end line or scoring zone to score a point.

Variations:

- Allow players to move 3 or 4 steps or not when holding the ball
- Allow throws/passes over head height or not
- Specify the type of pass eg. Chest pass only (**a chest pass means that players MUST open up a passing line**)

Each variation will bring different returns so think about what you are going after and what your young players need..