

GAME RELAY RACE

LEARNING OBJECTIVE

- Move whilst keeping control of the ball and awareness of space.
- Hand eye coordination.
- Correct grip



①



②



③



ACTIVITY

- ① Divide the players into equal teams with a bat and ball per group and set up for relay races, in the first race players balance the ball on the bat to the furthest cone and back.
- ② In the second race players repeat the drill while bouncing the ball on the bat to the furthest cone and back.

DISCOVER

- Where is the bat positioned in relation to the body?
- What movement must you complete to keep the ball under control?
- How can you make the ball bounce slower or faster?

ORGANISATION

- **Equipment:** balls and bats (One bat per player or team)
- **Define playing area**
- **Position players in the area to demonstrate**
- **Highlight the need to watch each other to avoid collisions**

EASIER

- Use a bigger ball, sponge ball or sand bag
- Bounce and catch each time
- Use smaller area

HARDER

- Change direction on command
- Bounce the ball to different heights
- Introduce extra cones as obstacles ③
- If the ball is dropped you start again