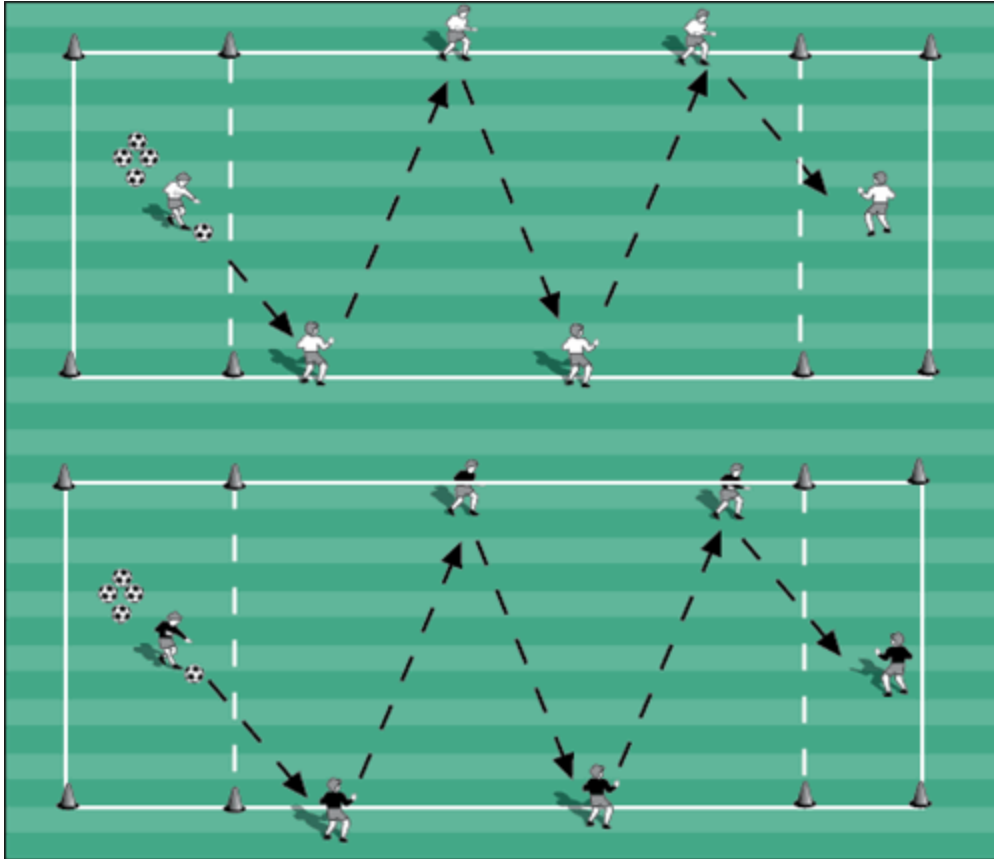


LEVEL 1: PRACTICE - Hot Potato

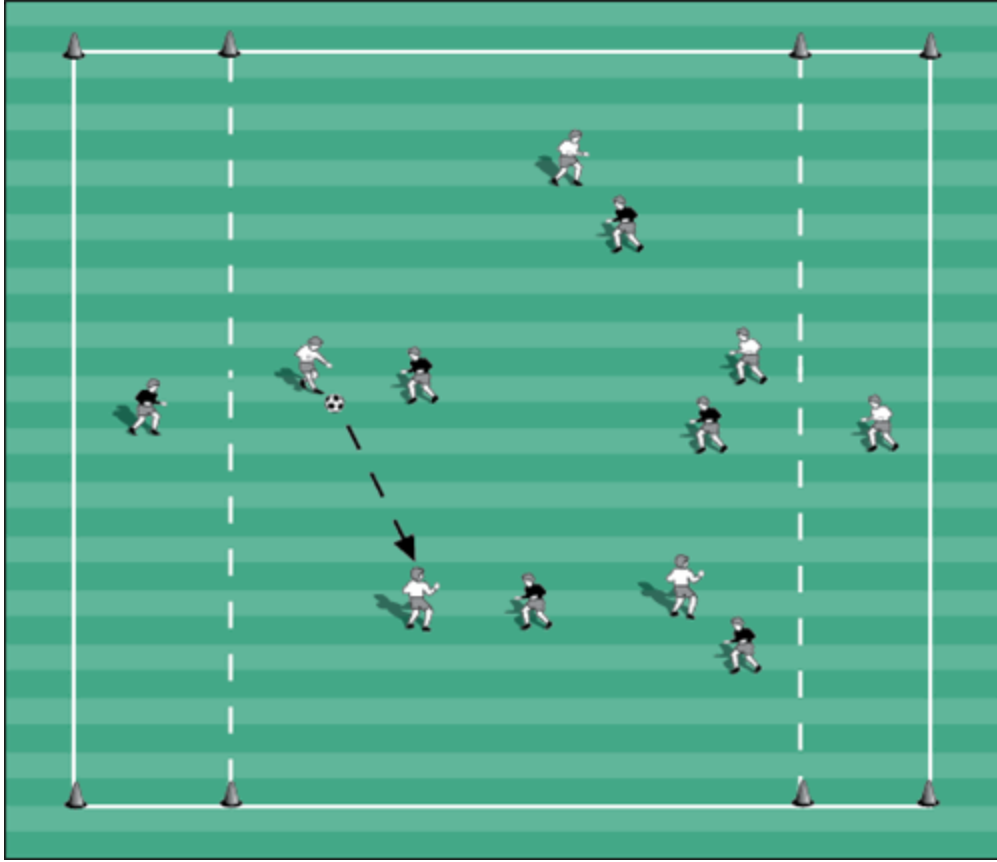


Organisation:

- Set up two areas at either end of the pitch with a person in each area (figure 1).
- All the balls must be in one end.

Practice:

1. Players must throw and catch balls to make sure the balls end up in the target area (every player must throw and catch).
2. This can be progressed by making the players follow their pass. Once the ball has reached the player in the end zone they place it on the floor and run to the other end zone to start again.
3. Players can also perform a variety of techniques, including:
 - Run & Throw
 - Throw-In
 - Passing
 - Dribbling



Progression:

- For older children you can introduce a second team so that they have an opposition in play.

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