



INSTRUCTIONS:

Split players into teams. Each team will need two balls and a hoop to shoot at.

Put a cone down at a distance everyone in the group has an opportunity to score from, so this will depend on group ability.

Give the two front players of each team a ball. To start the game they shoot, if they score, they then give their ball to the third person in the team. At this point the second person starts to shoot

If a player misses, the person behind them can start to shoot. if they score before the person in front of them, they knock them out of the game.

Keep going until there is only 1 player left in the game, they are then the winner.

EQUIPMENT:

- Soft Balls
- Footballs
- Cones

WARM UP:

Remember to stretch and warm up before doing any physical exercise.

- Set up a line of cones. Starting at one end slowly jog in and out of the cones.
- Repeat this but take side steps in and out.
- Repeat and use a Basketball to bounce as you weave in and out of the cones

- Stand opposite a partner and practice throwing the ball to each other. Every time you catch it, take a step back.