

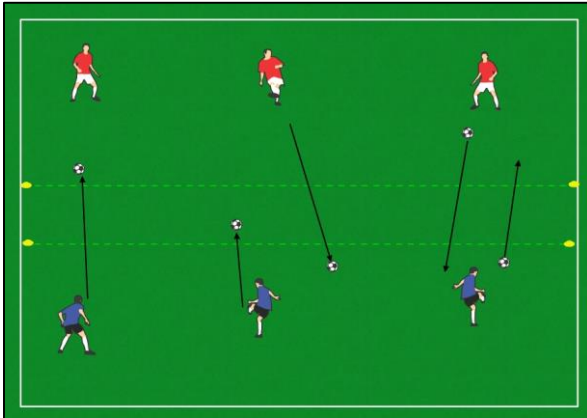


Core skill: Striking the ball

Difficulty level ★☆☆

CLEAN YOUR ROOM

Beginning activity



Players are divided into equal numbers and stand on opposite ends of field with all of the balls placed in the middle.

Players pass the balls into the other team's half. If any balls enter a team's zone they attempt to pass it back to the other teams area.

The winning team is the team with the least amount of balls in their half when the coach calls time, having 'the cleanest room'

Set up: In an area approximately 10m by 15m. Divide the area into two with balls placed evenly along the middle line.