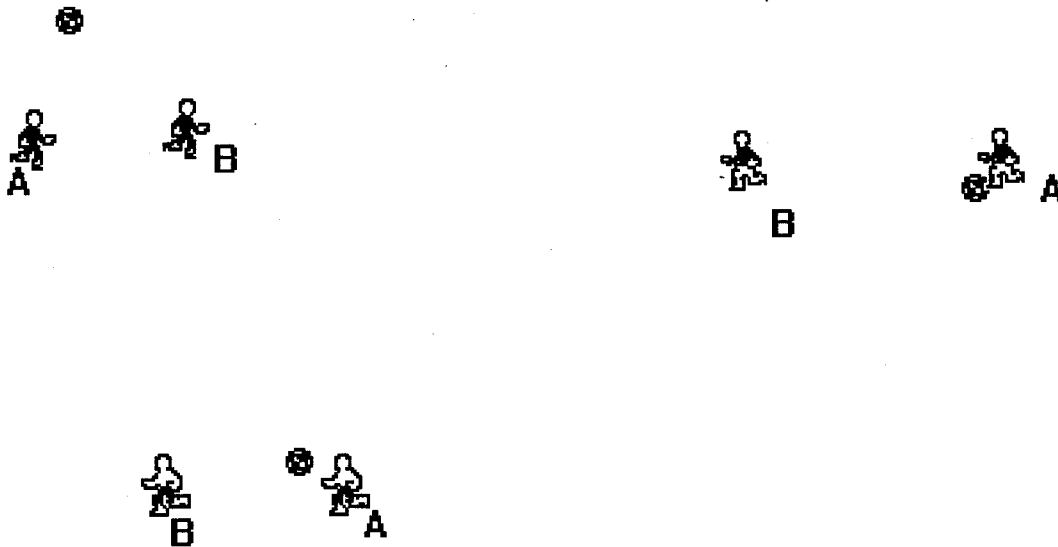


TOSS AND CONTROL PARTNERS



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Organize partners with one ball for two players. Player "A" tosses ball in the air, player "B" moves away. Player "A" must control ball quickly and tag player "B" who then tosses to himself and tries to catch player "A". The player moving away should be in crab position, jump on two feet, jump away one foot, cartwheels away, etc.

COACHING POINTS:

1. Players moving away should be given a variety of movements. Running away will not work as players with the ball are slower. The highlight of this activity is receiving.
2. Player receiving should try to control ball with a body touch before it hits the ground.
3. Players receiving first touch should direct the ball in the direction of the player moving away.
4. In receiving the player's first touch should help the player toward their next action. This forces the players to make decisions early on where and how to control the ball.