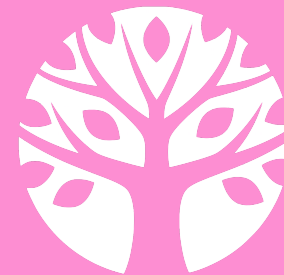


Skills School



Get Set 4
Education

What you need: A ball

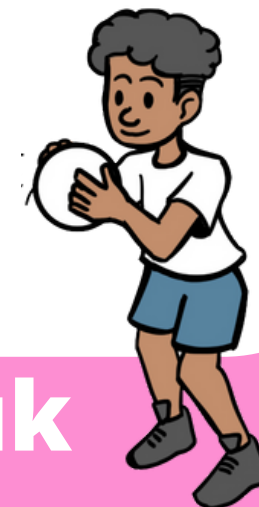
How to play:

Can you complete the following skills?

- Pass the ball 10 times around your waist in one direction then 10 times in the other direction.
- Pass the ball in a figure of eight through your legs. 10 times in one direction, then 10 times in the other direction.
- Pass the ball hand to hand. Can you do this above your head, then to one side of your body, then the other? Can you do this down low by your knees?
- Start with the ball behind your back, throw it over your head and then catch it in front of your body.
- Start with the ball in front of you, throw it over your head and catch it behind you.

Top tips:

- Use wide fingers and keep your eyes on the ball.



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