9.35 Activity 2: Leader ball

- 1. Students are to get into 5 groups of 6, with one leader of the group
- The leaders starts at the front of the group, leaves a 5m space between the first receiver, and the rest of the group line up behind this person
- Students should be lined up with people either side from other groups
- 4. The game starts as the leader handballs the football to the first receiver, they put the ball on the ground, run around the very last person, run around the leader and goes back to her place
- Once the student has returned to their place they pick up the football and handpass back to the leader and sits down
- This is repeated until all receivers have completed a mark, a run and a handball back to the leader
- The leader gets the ball from the last person in their team and runs over the finish line beyond the groups
- The first team that crosses the finish line wins

Handball

-Students should aim for good technique with the handball as this will make the group go faster and provide the team with a better chance of winning

-Backspin on the footballl once the handball is completed is vital as this allows for an easier catch for the leader -Teacher should be standing just behind the leaders as this will provide a good vantage point to oversee all the teams

-The teacher must watch for any throwing, not handballing, or cutting off part of the running stage, so they must be alert and aware



Preview from Notesale co.uk

Preview page 4 of 5

9.45 **Bridging organisation**:

- -Students can leave the leader cones and the last receiver cones where they are as this will make up the next activity
- -Come in and have a quick discussion about the importance of accurate handballing
- -Nominate 4-6 hand ballers in the group to start on the outside of the game