

Accuracy	In pairs, they throw to each other about 2 m apart. 3 points if direct to persons chest, 2 points if to the side and 1 if not near them. Try x 10 each	Suggest that where they point to is where the bean bag will end up....
CATCHING technique	<p>Return to original pairs with one ball each pair this time. Ask them to think about catching something – where should their fingers point? (UP).</p> <p>In their pairs, line up and practice throwing and catching (2m apart).</p> <p>Ask them to catch the ball as ‘early as they can’. You are trying to encourage them to reach out for the ball and catch it early, then bring it into their chest. Also, remind them that they should move to be behind the ball when they catch it, so need to move their feet. Don’t just stretch and try and grab it (ask why?? = easier for the defender to grab it first!)</p> <p>Give them lots of practice time in their pairs, focusing on both catching and throwing technique.</p> <p>Groups of 4 (2 pairs join up). 1 person out the front, 3 lined up. Get ready to catch – person out front can throw to anyone, but they need to use the players name when they throw to them.</p>	They will need to introduce each other again!!
MINOR GAME	<p>2 v 2 (same pairs) ONLY NEED 1 BEAN BAG</p> <ul style="list-style-type: none"> • One pair has a bib or coloured band on and holding one bean bag. • In one third of court, place 3 cones in a semicircle at either side of the court. • On the whistle, each pair throws the beanbag around aiming to hit the cones at their ‘end’ of the court. • If they knock one down, the opposition then takes the bean bag and tries to get it to their ‘end’. • The game keeps going until all bean bags are knocked down by one team. 	Concentrate on catching technique.
<p>Revision: Bring in and have a brief chat about 3 key points to remember and their homework....</p> <ol style="list-style-type: none"> 1. Balance is important – they can practice this anywhere at any time! 2. Throwing – one foot forward, fingers end up pointing to target (chest) 3. Catching – Fingers up and bend elbows <p>Homework for players</p> <ul style="list-style-type: none"> • To throw and catch any type of ball (even scrunched up newspaper!) either to a friend, parent or brother/sister or a wall as often as you can 		