

Movement Challenges & Games

KEEP IT MOVING

- Students individually, in pairs, or small groups must keep an item of equipment moving in any way they desire, or as requested by the coach eg. Passing back and forward, rolling, kicking etc.
- The item is not to become stationary at any time.

Equipment: Any, Balls tend to work best but anything is possible.

Area Required: Appropriate to the item being used and the method of movement being asked for by the coach.

Benefits

- Control.
- Cooperation and communication.
- Hand-eye coordination.
- Kicking / hitting.
- Rolling.
- Passing.
- Catching.
- Familiarisation with different items of equipment.

How to explain the activity

- Brief set up, get into the activity quickly.

Cues for debrief / reflection

- Where was the challenge? Why?
- What variations were there on the style of movement asked for by the coach?

How to vary the activity

- The Coach can request the ball to stop and on the command to do so, the item must become stationary as quickly as possible.
- If using pairs or small groups vary the distance between group members.
- More than one item of equipment.
- Different movement options for different items of equipment.