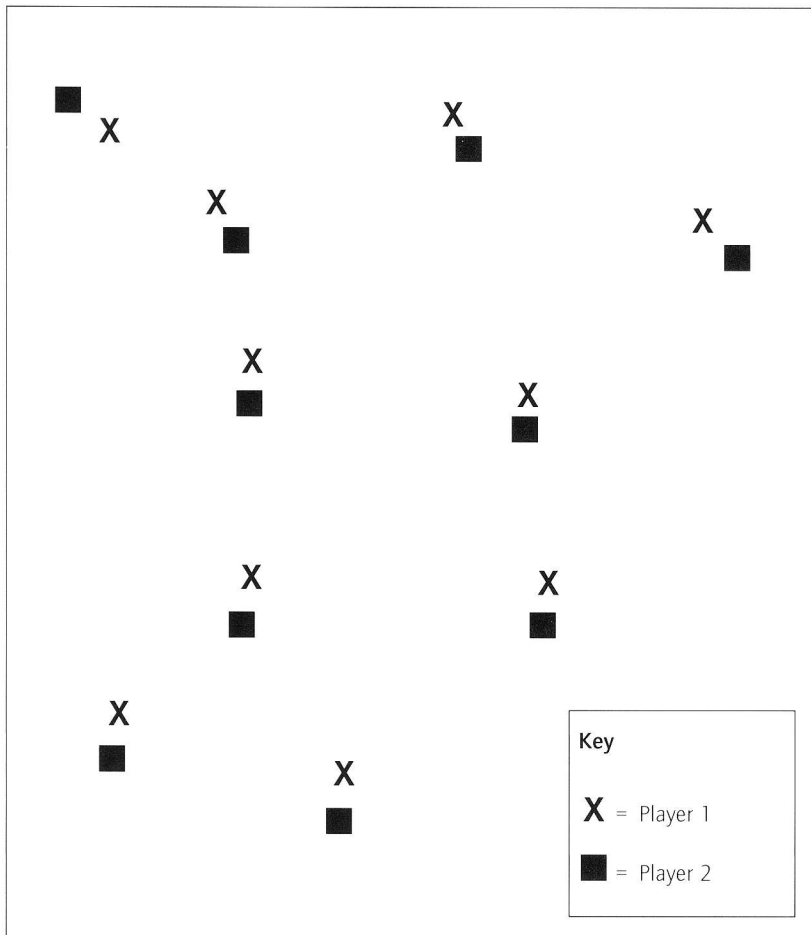


Moves in Twos (warm-up activity)

Age 10+



Set-up

Split the group up into pairs with a ball between two – if you have odd numbers, one group can play in a three. The size of the area will be determined by the number of players and the space you have available. You start the game by asking the players to stand five metres apart and for the players with the ball to pass to their partners, turn and pass, then the player without the ball goes to find a new partner.

Progression

- Ask player one to pass to their partner. Player two then turns and runs five yards before turning and returning the ball to player one. Player two should then go and find a new partner.
- The second way to progress this activity is to ask player two to receive the ball and, instead of returning it to player one, to run with it to join a new partner who does not have a ball.

Set-up

- In pairs
- Ball between two
- Odd numbers can play in threes
- Size of area relevant to space and numbers
- Pass to partner

Progression

- Pass, turn and find new partner
- Receive ball and run with it to join a new partner

Technical Outcomes

- Receiving
- Turning
- Dribbling
- Passing

Physical Outcomes

- Running
- Balancing
- Turning
- Movement
- Kicking

Social Outcomes

- Communication

Psychological Outcomes

- Focusing on activity
- Decision making