Take a seat!

Players lean against a wall in a ‘seated’ position and do a variety of ball-handling activities.

**What to do**

**SETTING UP**
- Free wall space without obstructions
- **Individual activity** – one medium-sized ball each
- **Pairs activity** – one ball per pair
- **Group activity** – one ball per group

**PLAYING**
- Try the activities shown.
- These activities can be demanding on the ‘skiing muscles’ (quadriceps) – start with 15–20 second bursts.
- Mix up individual, pair and group (‘down the line’) activities to provide rest breaks.
- Players can be grouped in small teams of 3–4 and compete against each other or pairs can compete against other pairs...

**Scoring**
- How many consecutive throws/catches in a set time?
- Not scoring is an option.

**Change it**
- This activity can accommodate different ability levels – use a chair if required.
- Vary the type of ball, distance between players and type of pass, e.g. in ‘down the line’ the distance between some of the players can be adjusted for throwing variations.

**Down the line** – try all mixed up, players try to make every pass different.

**Pairs activity** – after one throw and catch, partners quickly change places.

**A second ball between the knees** works the ‘horse-riding muscles’ (adductors).

**Safety**
- Ensure no attachments on the wall space used.
- Start with gentle passes and throws.

**LEARNING INTENTION**

*Take a seat* allows students to practise balancing, catching and throwing skills and apply them in different movement situations.