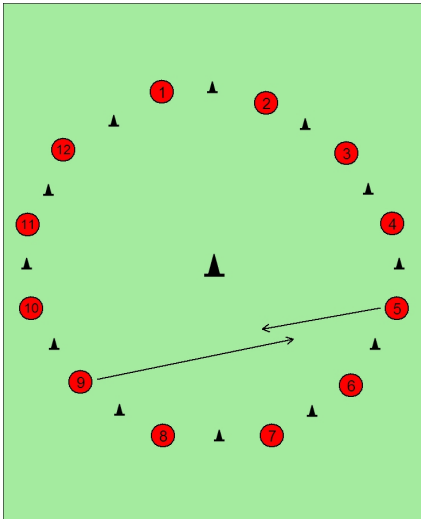




Catch up

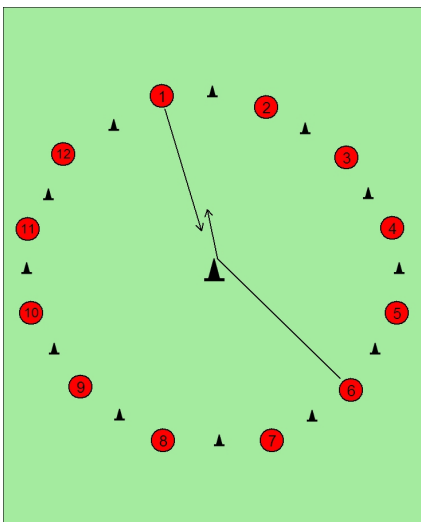


How it works

Players spread out around the edge of a circular playing area.

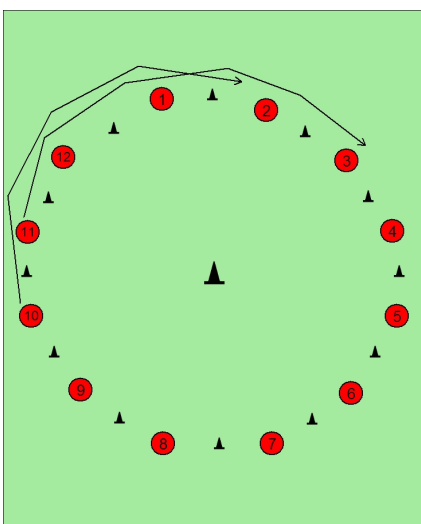
The coach calls out two numbers and those players have to swap places, the second player called attempting to beat the first player to their place.

In the diagram, Player 9 was called first then Player 5. Player 9 must have been ready and listening as they look like getting their first.



Repeat, but the players must run into the centre and touch the cone before trying to get to the other player's place first.

In this diagram, Player 1 was called first but was not on their toes and ready to go as Player 6. Even though they were called second it looks like they will get there first.



Repeat, but calling out numbers next to each other, with the higher number first. The first player called must run clockwise around the outside of the circle and the second player has to try and catch them before they get round the circle.

In this diagram, Player 11 was called first and has made a good start, being well ahead. Player 10 is still chasing hard to catch up. Player 11 has to get back to their own place before being caught.

Possible changes

All these chasing/catching activities can then be done whilst dribbling a ball.