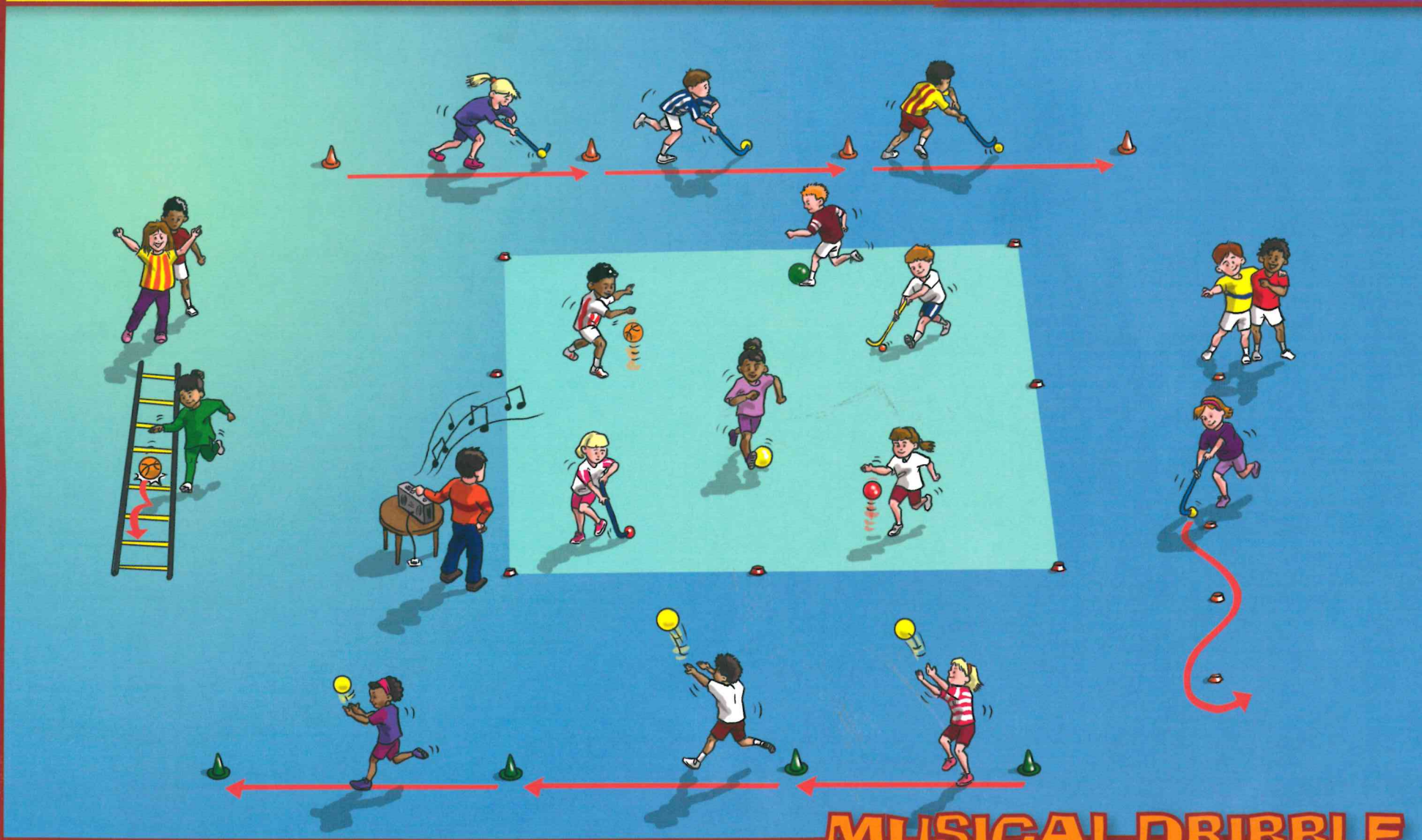
MULTI-SKILL CLUB

CO-ORDINATION 5
MOVING WITH SOMETHING



MUSICAL DRIBBLE

Musical Dribble

- Dribble inside the marked area.
- When music stops, everyone but the last 5 people to stop get a point.
- Vary the space, duration of dribble and the implement used.

Dribble Relays

- Design different relay circuits where the ball is moved in different ways.

YOUTH SPORT TRUST

THE NATIONAL PE, SCHOOL SPORT AND CLUB LINKS STRATEGY

dcms department for education and skills