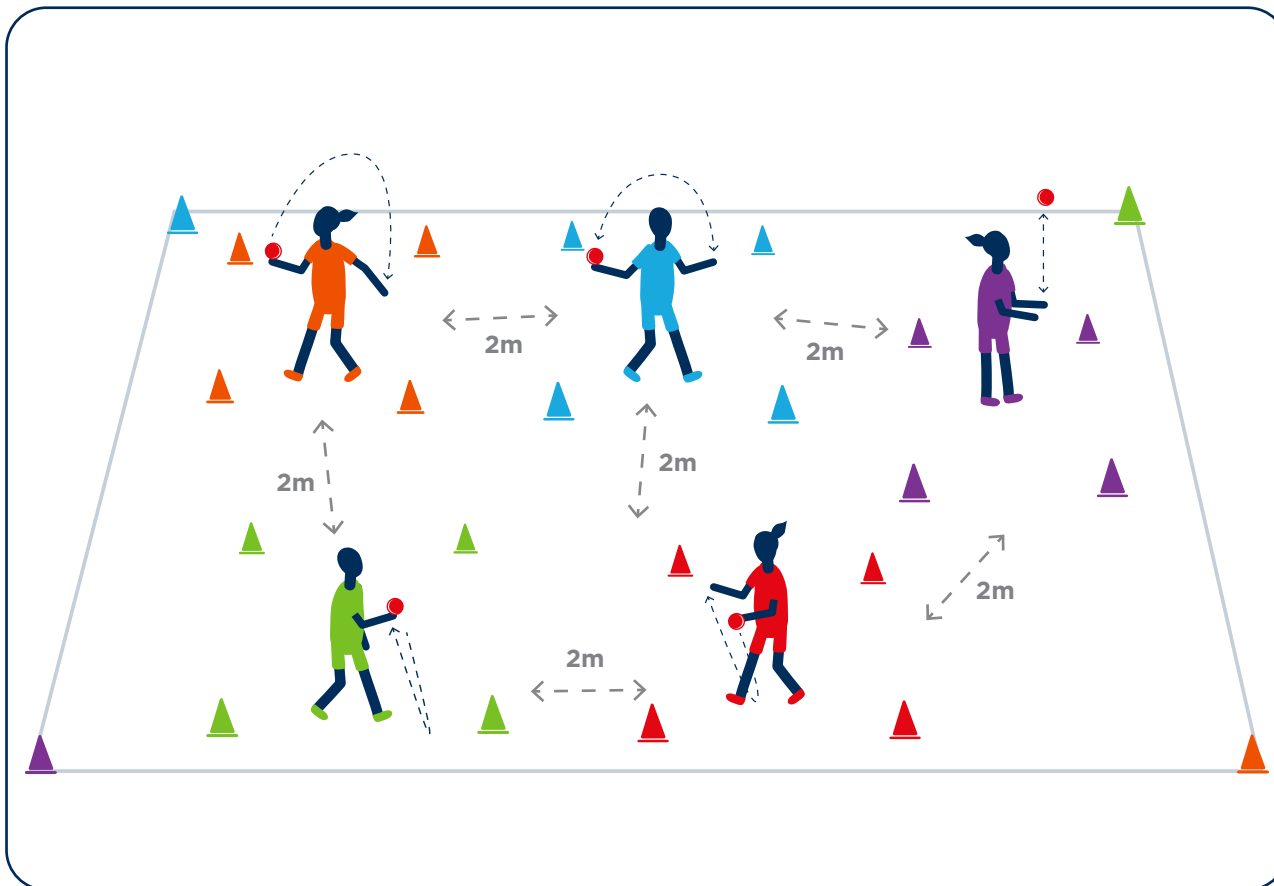


COVID-19 EFFECTIVE RECALL



Equipment

Per player:

Balls: 1+

Cones: 4

Aim



Fielding



Warm up

Organisation

Players moved around their area passing the ball from hand to hand

The coach calls out a number which links to a command listed;

1 - throw the ball in the air, clap and catch

2 - Yo-yo - drop ball and catch before it hits the floor

3 - bounce the ball from left hand to right hand 7 times

4 - figure of eight through the legs whilst walking (forwards and backwards)

5 - throw the ball in the air and catch behind back or over shoulder

Adaptation/variation

Increase commands

Decrease the commands

Use a bigger ball

Ask players to invent own trick



Hand sanitiser - write your name on it



Always remain two metres apart¹



One skin one ball¹



Do not share equipment¹

¹Unless from the same household
Guidance accurate as of 5 June 2020