


<b>Warm Up</b>		<b>HOT VOLLEYBALL</b>	
<b>EQUIPMENT:</b> 1-2 balls per circle			5 Minutes
<b>DESCRIPTION</b> <ol style="list-style-type: none"> <li>1. Create large circles with no more than 10 students per circle. Each circle starts with 1 ball.</li> <li>2. The first player throws the ball to someone in the circle, they catch the ball and quickly throws it to another player in the circle.</li> <li>3. The ball is continually thrown around the circle until the coach yells 'Stop!'</li> <li>4. The player holding the ball when the drill stops must put one hand behind their back and catch with one hand only.</li> <li>5. Continue the drill, adding in more balls when the players are more confident.</li> </ol>			
<b>CHANGE IT</b> <ul style="list-style-type: none"> <li>• For new groups players can call out names before throwing the ball</li> <li>• Instead of putting one hand behind their back they can stand on one foot</li> </ul>			
<b>ANC CODE</b>	<b>Moving our Body</b>	<a href="#">ACPMPO25</a>	
		<a href="#">ACPMPO43</a>	
		<a href="#">ACPMPO61</a>	