


Warm Up		INTERCEPTOR	
EQUIPMENT: 1 ball per group			5 Minutes
DESCRIPTION <ol style="list-style-type: none"> 1. Create teams of 3 or more players, with 1 ball per group. 2. Players set or pass to keep the ball away from player/s who are the 'net'. The 'net' may not jump, but can be aggressive to interrupt play. 3. Players swap roles when the 'net' is hit, the ball is hit out of bounds, or the ball drops. 			
CHANGE IT <ul style="list-style-type: none"> • Allow players to throw the ball to get it over the 'net' • Players can start the game with a serve 			
ANC CODE	Moving Our Body	<u>ACPMPO25</u>	
		<u>ACPMPO43</u>	
		<u>ACPMPO61</u>	