

CONTINUOUS TRIANGLE SET

OBEJECTIVE: Setting

EQUIPMENT: 1 ball per triangle



10 Minutes

DESCRIPTION

1. 3 players stand in a triangle approximately 3 steps apart.
2. Players set the ball in any direction to each other and count how many sets they can do in a row before the ball hits the ground.

CHANGE IT

Beginner

- Allow players to catch the ball before setting it to the next player

Advanced

- Challenge the player to do 5 sets in a row and then each player can take a step out making the triangle bigger

ANC CODE

Moving
Our
Body

[ACPMPO27](#)

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