Warm Up:
Move around inside square (Students all select own movements to perform)
Progress to include: changes of speed/changes of direction

Now progress on to mark all cones with a direction; North/South/East/West/SE/SW/NE/NW
Students must travel towards a direction then turn back and travel through a middle square
Progress to include: changes of speed/changes of direction

Fundamental catching skills and awareness:
Students move around as before but this time throwing and catching a ball - they self-feed. Again you could mark out different directions and have them moving towards these and catching.

Progression: travel through gates when catching
Introduce numbers; 1= walking, 2= jogging, 3= sidestepping - but all the time the students choose how high they throw their ball, and how they catch their ball
Introduce a cone master: The cone master decides which colour the students are allowed to travel through - either hold up a cone or watch which colour the cone master runs through.

Challenge activity - competing against your-self
- How many cones can you go through in 15 seconds?
- How many cones can you go through in 15 seconds but you must alternate the colour gates? - Ask students to put their hand up if they beat their previous score.
- How many cones can you go through in 15 seconds - cone master decides colours so students have to watch the cone master as well
- Add a defender - stuck in the mud - how many cones can you go through in 15 seconds?

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