

CIRCLE TIME

EQUIPMENT NEEDED

- One cone each for the inner circle
- One ball each for the runners

(Depending on space and numbers create two or more circles.)

Circle time is a fun game where the basic skills of throwing and catching can be reinforced and movement introduced. Pressure can be added by players running faster and more frequently

To make it easier, make a few more circles with fewer numbers in each.

To avoid the runners getting too close, add cones that they have to run on the outside of.



Runners, line up behind the cone with a ball each.

Change positions regularly, so everyone can be a runner

Don't worry if you drop the ball. Pick it up and continue.

Be ready to catch. Remember the upside down heart.

When you have passed be ready for the next pass.

Max three steps when you have the ball.

Only pass when the catcher is ready.

Take a step forward with opposite leg when you throw the ball

