

MEMORY MOVES - Warm up activity

Set up a circle of different coloured cones. at least one more cone than the number of players involved, with stump in the middle.

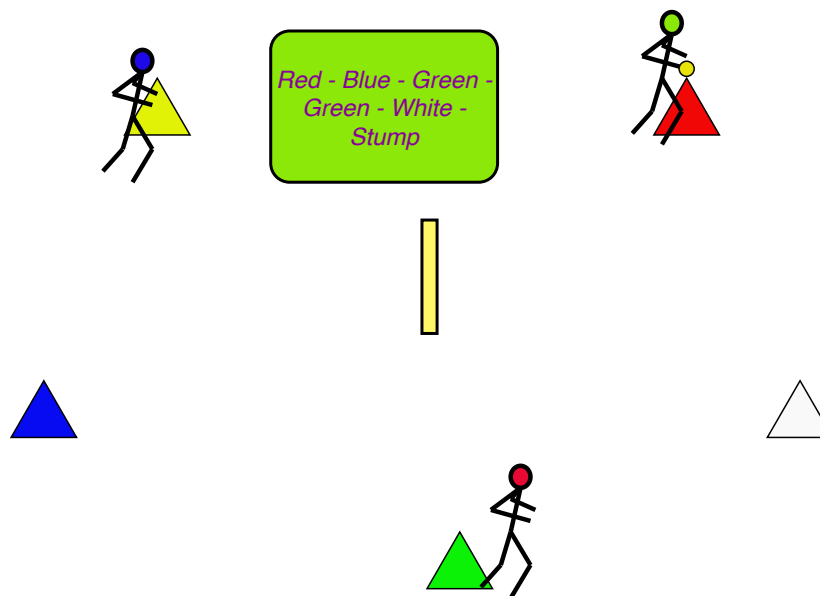
Coach nominates which cone the ball starts on then calls a random selection of colours.

The players must throw the ball to be received by a player by the cone in the called sequence.

Once sequence has been completed final player throws at the stump.

Group successful if they complete the correct sequence and hit the stump.

Set up a number of groups that compete against each other for accuracy and speed.



The greater the number of cones compared to players the more difficult it will be as players have to move themselves as well as the ball.

Add a rule that players cannot play a 1-2 and pass back to the same player.

This activity will encourage thinking, teamwork and problem solving as well as catching and throwing under the pressure of competition