

SIDESTEPS



RANDOM RUNS



Step off spots to change direction

ROCK AND ROLL



A

Two teams of five. Rock backwards with ball between legs or feet. Pass ball to team mate directly behind. Last player turns round and game continues in the opposite direction.

B

Team rolls to move a swiss ball from front of team to back.

TUCK AND SPREAD



Free spin using different contact points. Move limbs away from and close to body and notice the effect.

Spin, jump and turn in different amounts 90° to 180°. Can be done sitting, standing, kneeling or with a partner helping to push round.

GOOOOAL!!!!



Different rolls/moves with a celebration finish.

ROUND THE WORLD

