

## Challenge Card 9

# Number Challenge

- 1) Get into a group of five and give each player a number so that there is a one, two, three, four and five
- 2) All players should keep moving around the playing area trying to find their own space (an empty area).
- 3) The ball needs to be passed from player to player in the order of their number, so player 1 has the ball to start with and they need to pass it to player 2. Then, player 2 should pass to player three, player three should pass it to player four, and player four should pass to player five who then passes back to player 1 and the challenge starts all over again!
- 4) Players should be moving about into empty space all the time. Be careful not to bump into anyone!



### Remember



- \* Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- \* Look up and try not to kick the ball!

## Teaching Points

### Passing

- \* Children should be encouraged to look up and see where they are passing the ball
- \* Try and encourage the children to have a balanced body position whilst they pass
- \* Encourage children to have a flat and low back swing

### Receiving the ball and keeping control

- \* Children should have a wider grip on the stick – move hands further apart
- \* Encourage children to bend their knees and get low. The flatter the stick, the more of the stick surface can stop the ball
- \* 'Welcome' the ball onto the flat (green) side of the stick with 'soft' hands
- \* Encourage the use of the flat (green) side of the stick at all times
- \* Encourage children to move their feet quickly to get their stick into position or turn the stick

## Equipment

- \* 4 cones
- \* 1 stick per player
- \* 1 ball per group

## Adaptations

### Easier

- S** Make the area smaller
- T** Pass to anyone – don't use numbers
- E** Use a larger ball
- P** Have fewer players

### Harder

- S** Make the area bigger
- T** Change the numerical order. Keep a count of the passes
- E** Use two balls
- P** Time how long they keep the ball in the marked area