



GAME

RACE 'N' CHASE



WHAT IT DOES

HELPS KIDS TO LEARN HOW TO RUN FORWARDS, CHASE A BALL AND TRAP IT. IT WILL ALSO HELP THEM TO TRACK THE BALL (JUDGE THE SPEED, DISTANCE AND DIRECTION) BUT AS YOU INTRODUCE THE PROGRESSIONS, IT BRINGS IN SPEED OF REACTION, AGILITY AND CO-ORDINATION OF UPPER AND LOWER BODY.

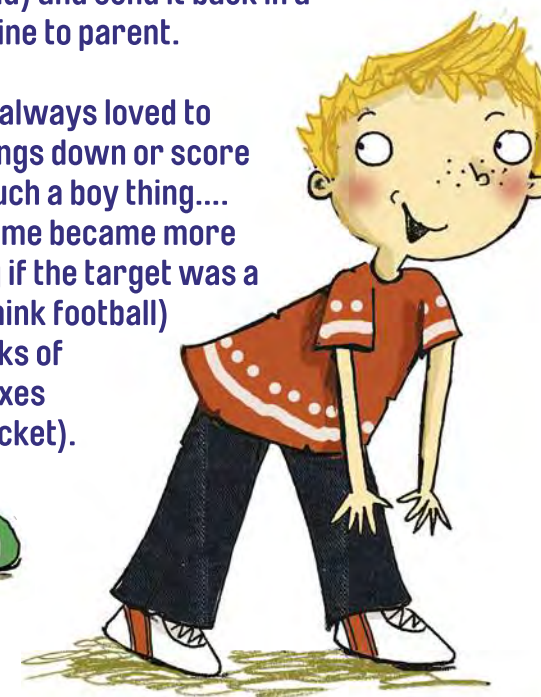
WHAT YOU NEED

A BALL AND A COUPLE OF CONES OR SMALL BUCKETS.

HOW TO PLAY

Roll or kick the ball in a straight line towards a target. Child is alongside you as you roll/kick and starts to race the ball to the target. The aim is to get there ahead of the ball, turn round, stop the ball (with hand, foot or bat depending on the skill of the child) and send it back in a straight line to parent.

The boys always loved to knock things down or score goals – such a boy thing.... so this game became more appealing if the target was a “goal” (think football) or a stacks of cereal boxes (think cricket).



TRY THIS

- child starts in a sitting position or lying down.
- child starts facing you so they have to turn and chase the ball.
- child stands in front of you facing the cone. You roll the ball between their feet or throw over their head.

Tips: Make sure you take a turn at being the chaser so the child learns how to control the speed, direction and distance of the ball when throwing, kicking or rolling. Keep challenging the child by varying the speed you roll or throw the ball and keep changing the way they have to send the ball back to you or the target. Left hand, right hand, (or foot), roll, throw underhand, throw overhead etc.