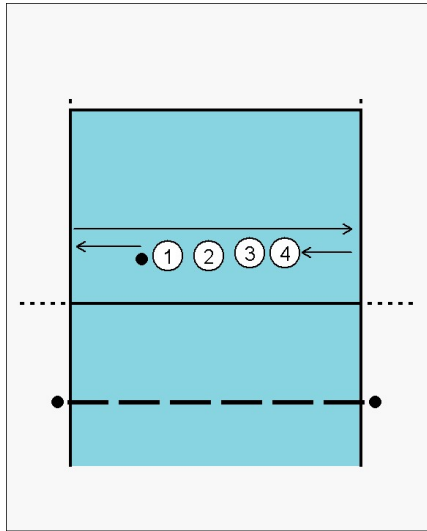


Ball handling In line

1



4 or more players 1 ball.

The object is to keep the ball in play as long as possible. The ball should stay at the same place.

Player 1 plays the ball high and runs towards the sideline. Reverses direction and goes to the opposite side line. After which 1 rejoins the group.

Player 2 does the same as player 1 followed by player 3 and 4, after 4 has played the ball player 1 should be back to play again.

Variation: change the type of hit.