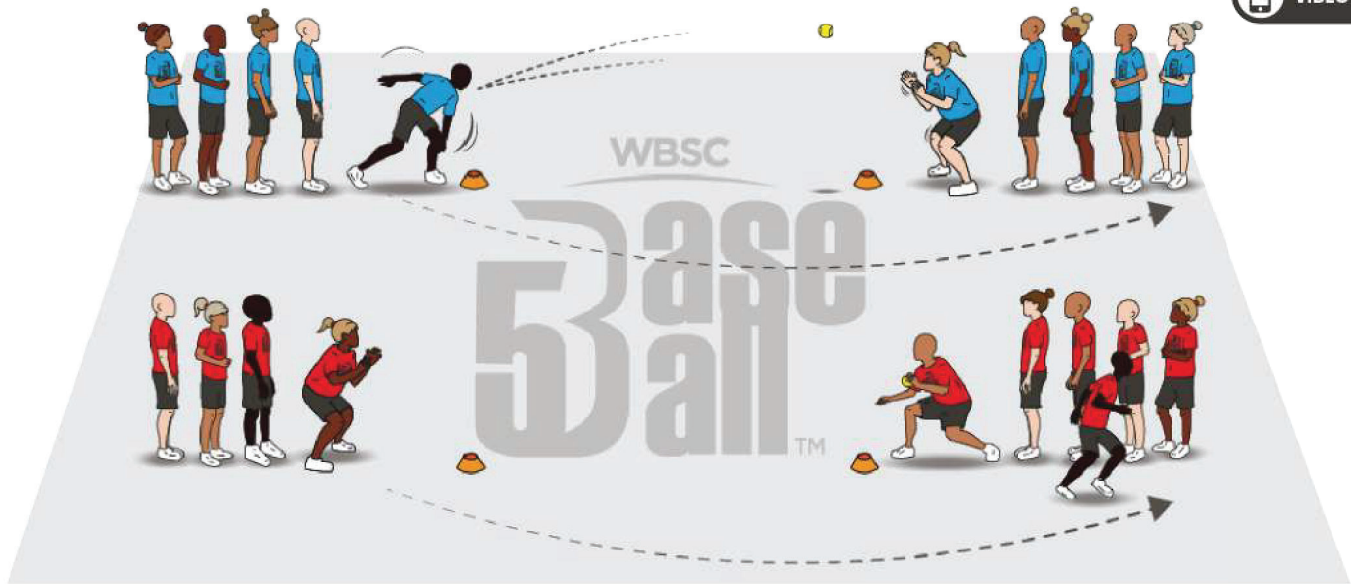


Throw & Follow



THE GAME

Each team is divided into two groups that are positioned, in a single row, one in front of the other at a distance marked by two cones, and defined according to the skill of the players and the ball used. On the "GO": the first player in a row throws the ball to the opposite side and, following the pass, goes to the back of the other row. The game continues with a series of throws and similar movements by all players.

It is played with two or more teams next to each other and the one that first brings all its members back to the initial position wins.

DEVELOPED SKILLS

Skill combination	● ● ● ● ●
Kinesthetic differentiation	● ● ● ● ●
Rhythmic differentiation	● ● ● ● ●
Space-time orientation	● ● ● ● ●
Reaction anticipation	● ● ● ● ●
Transformation	● ● ● ● ●
Balance	● ● ● ● ●
Strength	● ● ● ● ●
Speed	● ● ● ● ●
Endurance / aerobic capacity	● ● ● ● ●
Interaction / collaboration between players	● ● ● ● ●

SPECIFICATIONS

Catch and throw

Level of skill required



Number of players:

minimum 10 players



Material:

rubber balls, cones

VARIANTS

Use different types of passes: throw on hand, throw on hand with arm other than the dominant one, with a rebound, rolling the ball on the ground. Use balls of various sizes and textures

SUGGESTIONS

- To prevent players from interfering with each other or with the throw of the ball when moving from one row to another, place two small cones on the side halfway between the two rows, to determine the path for the players to run from one row to another.