



# Sending and receiving

## Overview

### Week 1:

- Throwing and catching.
- Underarm and overarm throwing.
- Using one or two hands to catch and to throw the ball.

### Week 2:

- Throwing and catching whilst moving.
- Aiming at and throwing at a moving target/player.

### Week 3:

- Throwing and catching over different heights and angles.

### Week 4:

- Fielding the ball.
- Returning the ball after fielding towards a target.

### Week 5:

- Sending and receiving a ball with your feet towards a partner or target.
- Sending and receiving a ball with your feet over different distances.

### Week 6:

- Sending and receiving a ball with your feet whilst on the move.
- Aiming and sending the ball with your feet at a moving target/player.

### Week 7:

- Scoring a goal against a keeper.
- Goalkeepers learning to stop a ball with their hands.