

#MelbEastNetball

SKILLS

JESS'S FAV GAME

FLY

Practice your leaping skills playing FLY.

You will need:

- 8 markers eg. 7 sticks & 1 rock

How to play:

- Make sure you warm up.
- Use the length of your foot to mark out the distance between the 7 markers.
- Step carefully through the sticks and take a big jump at the end. Place the last marker down.
- Go back and choose any stick except the first one. Replace the marker with it.
- Repeat this process.
- You can only take one step in each space. You need to be careful not to touch the sticks on the way through.
- If you touch a stick on the way through stop and do 10 push ups.
- It gets quite tricky as the markers get further apart.
- Keep playing until one person can make it through without touching any sticks and taking one step in each space. They are the winner and get to be FLY in the next game.
- Playing by yourself? Measure the distance between the first and last stick. See if you can beat it next time.

Have Fun!!

Share it

Over to you to show us what you've got.

Here's how:

1. Take a video of yourself doing the weekly challenge.
2. Upload it to instagram and use #MelbEastNetball
3. Tag your friends to challenge them and tag us @MENANetball

Everything you need to know is at: <https://menanetball.com.au/netballskills/>

Not on Instagram? Email your video to photos@menanetball.com.au. We can share them on facebook.

