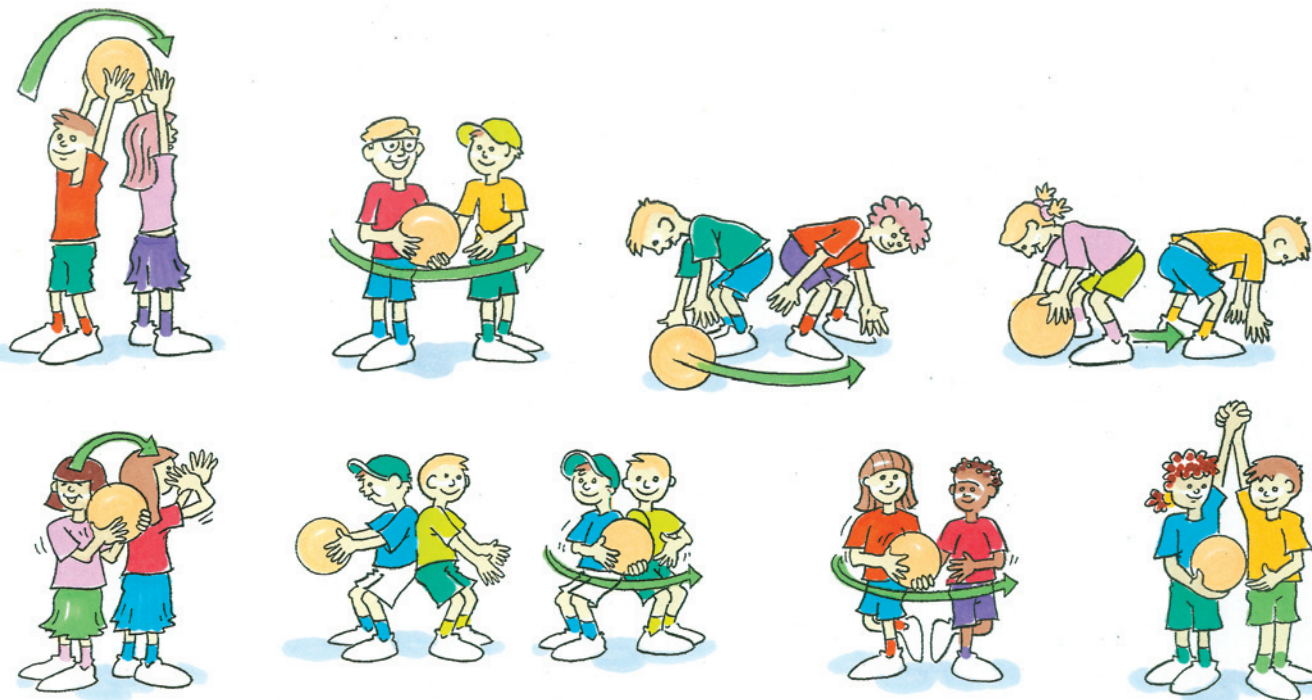




Back to back pass

In pairs, players are back to back and pass a ball to one another. (Play with 4 or more.)

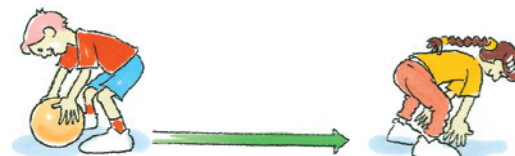
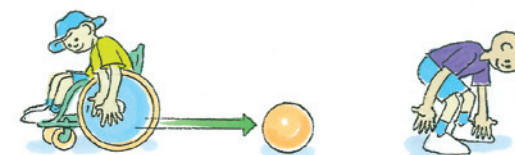


What to do

- > With one ball per pair, players pass the ball back and forth.
- > Ball must *change* hands completely.
- > Explore different passes – make up new ones. A pool provides extra scope for inventiveness.
- > After exploration – set a time period, e.g. number of passes in 20 seconds.
- > Highlight successful passes. Ask children to show their successful passes.

Change it

- > Swap partners.
- > **Easier** – passer or receiver can move feet around.
- > **Harder** – move apart.
- > Move apart and introduce new passes or positions – e.g. rolling along ground, bounce pass.



- > Match players for size in back-to-back activities.



Safety

- > Waist-height water for the pool option.

LESSON LINK

An example of a 'fun' activity that has some disguised stretching, balance and basic ball-handling skills.

SESSION PLANS

Combos > Start out CP 08 + Start out CP 07b + Get into it INV 1.1