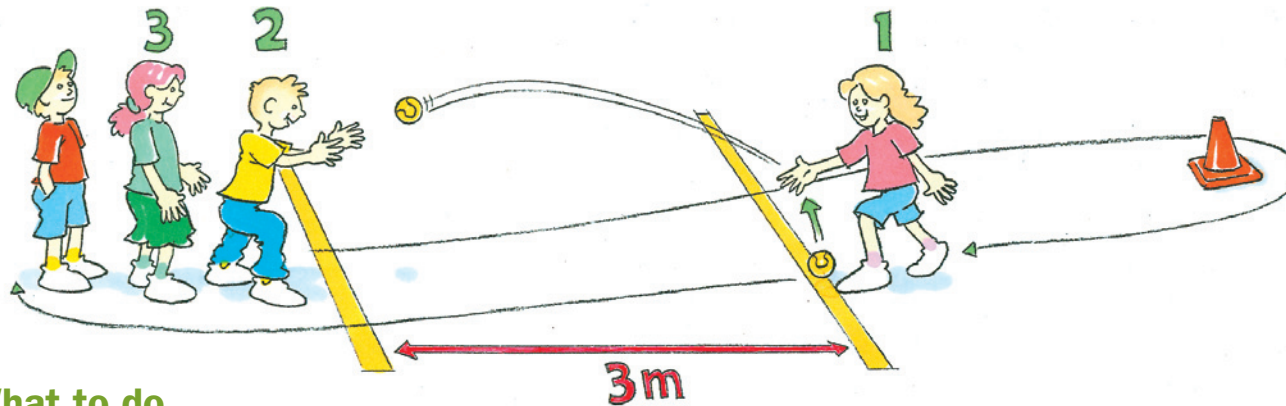


EASY
MED
HARD

Underarm return relay

B

Players run to a point, return and on the way back pick up a ball and throw it underarm to the team-mate next in line. This pattern continues. (Play with 4 or more.)



What to do

SETTING UP

- > Mark a starting line and a midway line, and place a distant marker to run around (turning point).
- > Form teams of 4–6 players.
- > Place the ball on the midway line.

PLAYING

- > Play cooperatively
- > Player 1 runs around the turning point and back towards the team, picking up the ball on the midway line.
- > The ball is thrown underarm to player 2, player 1 joins the end of the team.

- > Player 2 runs to the midway line, deposits the ball and continues to the turning point, then runs back, picks up the ball and throws it underarm to player 3.
- > Continue until player 1 is again at the head of the line.

Change it

- > Instead of placing the ball on the midway line, a player with limited mobility or ball-throwing ability is situated at the midway line and an appropriate pass or handover is made.



Game rules

- > **Do a turning point activity** – e.g. the runner has to move between 2 markers with a novelty activity, e.g. seal drag.



- > Vary the pass, e.g. chest pass, roll the ball.

Playing area

- > Vary distance to midway line and turning point.

Safety

- > Choose a ball and distance to suit the ability of the players.
- > The pass should be chosen to match the ability of the players, e.g. a chest pass is likely to have more force than an underarm pass.

LESSON LINK

Underarm return relay is a passing and catching activity that requires agility and the ability to pass accurately while running. Use **Change it** variations for different ability groups.