



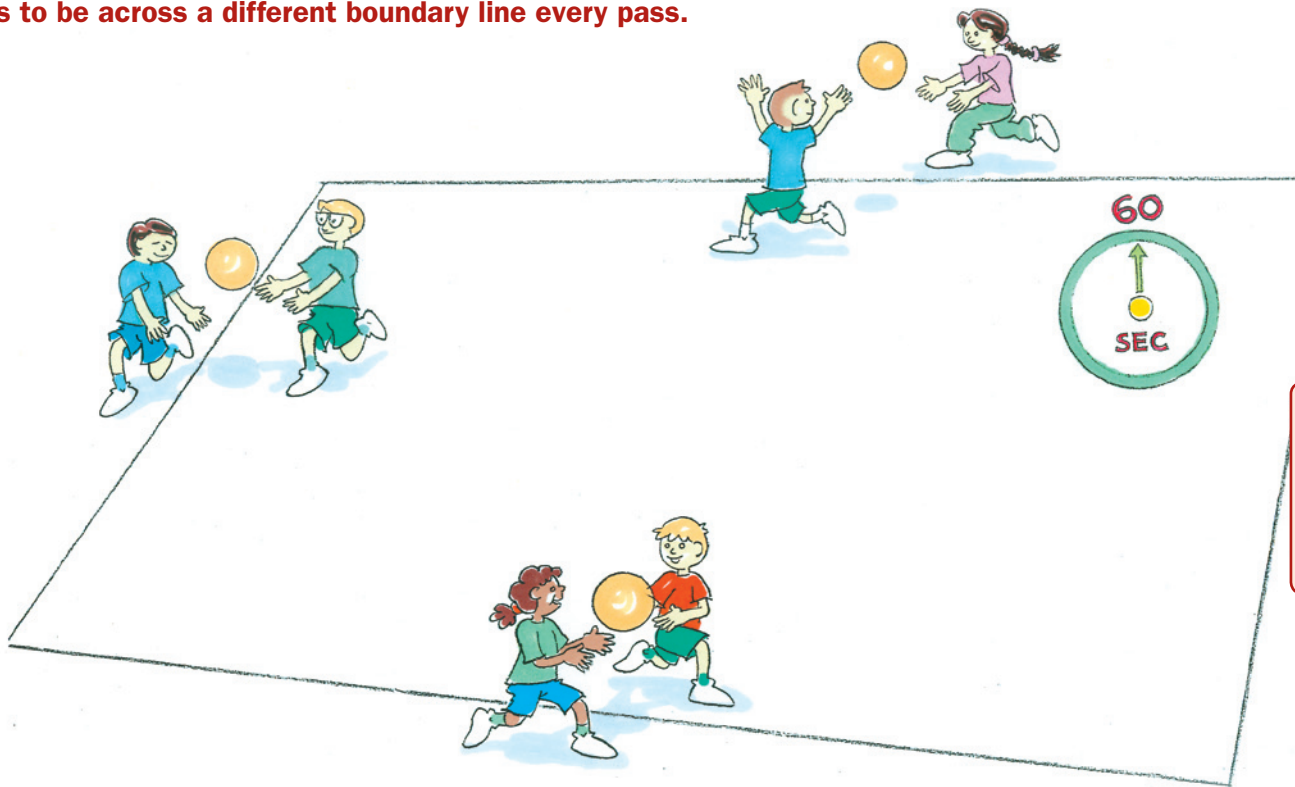
Australian Government
Australian Sports Commission

EASY MED HARD



Boundary pass

In pairs, players try to make as many passes to each other as they can in 60 seconds. To add a challenge, the pass has to be across a different boundary line every pass.



What you need

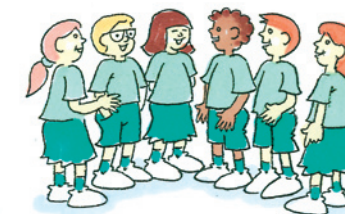
- > Any suitable ball, e.g. volleyball or similar
- > A playing area suitable for the activity and free of obstructions
- > Sufficient space between games
- > Markers

What to do

- > Start within the marked area near the centre.
- > All move in the same direction, e.g. clockwise.
- > Passes can only be made across a boundary line.
- > Each pass has to be over a different boundary line.
- > Change partners on each round.

Scoring

- > Highest number of passes in the set time (60 seconds).
- > Play for several rounds.



LESSON LINK

Boundary pass adds a challenge to a drill that might otherwise become boring. It has the potential to generate high activity levels.

SESSION PLANS

Combo > Start out WC 06 + Start out INV 04 + Get into it INV 08

Boundary pass

Skills > Passing under time pressure · Awareness of other players

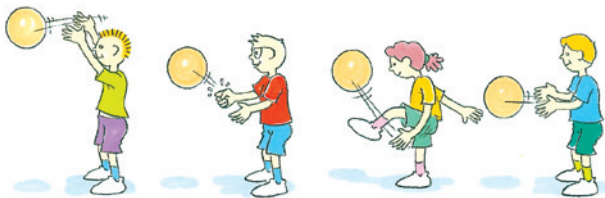
change it...

Coaching

- > Provide individual skill instruction, if required, off court, e.g. if players need assistance with an option such as hitting to each other with a paddle bat and ball.
- > Use player role models to highlight effective passing.

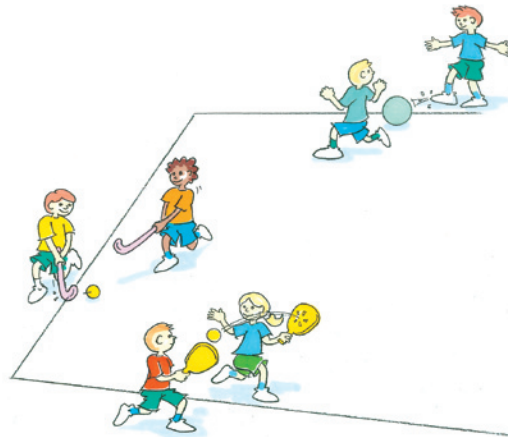
Game rules

- > Allow more than one pass across a boundary.
- > **Vary the pass** – throwing is an option.



- > Alternate which side of the boundary the player takes, e.g. receive pass on the inside, move to receive next pass on the outside.
- > **Play in groups of 3** – ensure playing area is large enough.

- > **Include all** – Use a smaller playing area and smaller group. Allow more than one pass across a boundary.
- > **Passing options** – hockey sticks (one per player) and soft hockey ball, paddle bats (one per player) and tennis ball, soccer ball



Playing area

- > Change the dimensions of the playing area. This is an important safety measure (to allow sufficient space between players) as well as a method to vary the challenge.
- > If using a paddle bat and ball, start with a smaller area.
- > Use up to 4 areas to increase active participation.

Equipment

- > Vary the type, size, colour and sound of the ball according to players' abilities.

Safety

- > Ensure adequate space for the number of players and safe spacing between groups.
- > Encourage players to be aware of others around them – use peripheral vision while keeping an eye on the ball.
- > Hockey sticks must not be raised above waist height.
- > Only retrieve out-of-area balls from another area if play has stopped.



ASK THE PLAYERS

- > 'How can you make quick passes while making sure you don't bump into other players?'