



Australian Government
Australian Sports Commission

EASY MED HARD



Pairs passing

Players form pairs. On the signal players pass to each other for 30 seconds. At the end of 30 seconds the player without the ball moves to form a new pair. Passing starts again.



What you need

- > 2 cones per pair or alternative such as skipping ropes or tape
- > Indoor or outdoor playing area with pairs of cones 60 centimetres apart, distributed as shown
- > 1 medium-sized ball per pair

What to do

- > Pairs distribute themselves and wait for the signal 'go'.
- > Pairs pass to each other at their own rate for 30 seconds.

Change over

- > At the end of 30 seconds the player *without* the ball moves to find another player with a ball. The activity is repeated.

Scoring

- > Not scoring is an option.
- > Score as many passes as possible in 30 seconds but don't ask pairs to call out their scores.
- > Try beat your partner's best score.

Change it

- 1 Move from cones to cones** – the aim is to pass through every pair of cones. Walk or run to cones depending on player abilities. Extra pairs of cones will avoid congestion.
- 2 Catch and do something** – e.g. catch, bounce and throw to partner or catch, throw high, catch and return.
- 3 Add to variation 1** – players attempt to intercept other pairs' balls – interceptors must be moving for the intercept to count. No body contact.

Note – Ball cannot be taken out of the hands of a player.

LESSON LINK

Pairs passing links to activities requiring throwing and catching, and builds to running while throwing, catching and evading other players. A useful lead-in to games like basketball, netball and football codes.

SESSION
PLANS

Combo > Start out INV 03 + Get into it INV 08 + Get into it INV 03

Pairs passing

Throwing/catching basics · Space & player awareness · Intercepting/defending

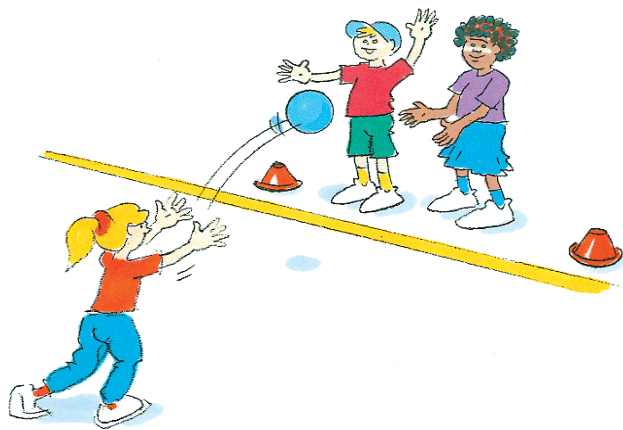
change it...

Coaching

- > Ask the players how they can ensure everyone is included.
- > Highlight good examples of throwing and catching. Ask the group why they think the pair has been chosen as a role model.

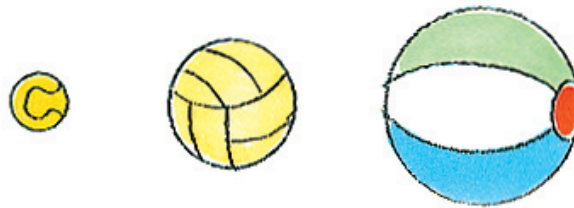
Game rules

- > Vary the type of pass. Ask class for suggestions after providing options
- > Do the activity in 3s – adjust cones so players don't bump into each other.



Equipment

- > Use different balls – vary size, shape, density and hardness.



Playing area

- > Bigger or smaller
- > Change the distance between pairs of cones.

Safety

- > Ensure adequate space for number of players.
- > Players should have completed space/player awareness activities before playing (see Start out WC 03a,b).

ASK THE PLAYERS

Throwers

- > 'What can you do to ensure you get more passes?'

Catchers

- > 'What can you do to help your partner?'

