

Factfile

Category
Movement and Creating Space

Competition Type
Personal best

Area Dimensions
5m x 5m - 10m x 10m

Number of Players
6

Time Per Game
1 minute

Objective
To beat your personal best of passes in 1 minute.

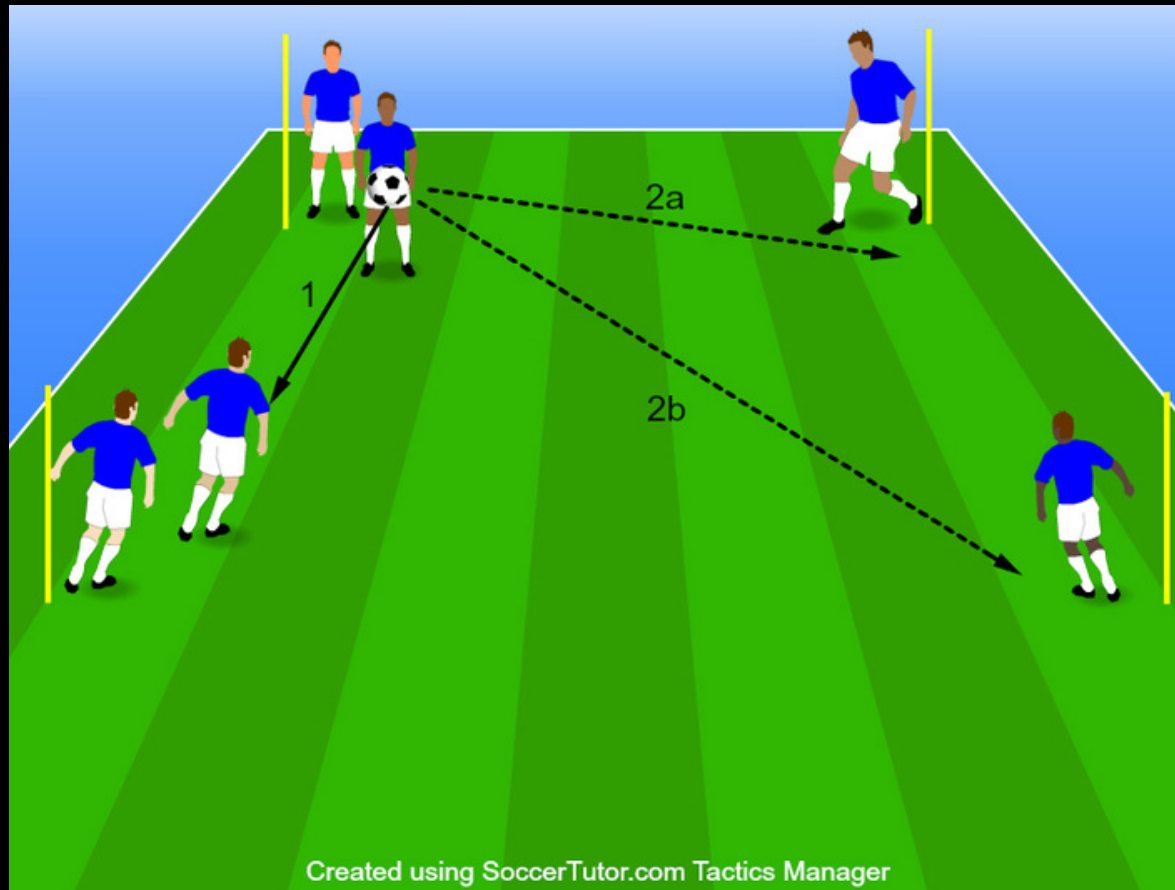
Equipment

- 4 Poles or Tall Cones
- 1 ball or beanbag

Safety Tips

- Point knee towards the direction you're going and lunge when changing direction.
- Use small steps to slow down quickly.

7) Pass to 2, run to 1



Tips For Success

- Look where the passer is running to.
- Catch and pass in one movement.
- Sprint quickly to help the receiver know where to pass to.
- Bend elbows when catching to cushion the ball.

Independent Personalisation

- Catch 1 / 2 handed/with weaker hand.
- Use larger/smaller, harder/softer ball.
- Throw/Bounce at a comfortable speed to the receiver's level.
- Play with 2 balls, 7 players and 5 cones/poles.



Rules

- 6 people each stand by a cone/pole.
- 2 cones/poles have 2 players stood by them and 2 poles have 1 player stood by them.
- A front player starts by throwing to the front player of the other pair.
- They immediately run to either cone/pole where 1 player is stood.
- The receiving player catches and repeats the process.
- Use a timer and count the number of passes in 1 minute.