

- Chest Pass
- Bounce Pass
- Shoulder Pass

**ACTIVITIES**

- Ladder of Glory
- Catch Me if you Can
- Clap Ball
- Line Ball

**LEARNING OBJECTIVES**

To effectively pass the ball to a teammate

**RULE  
OF THE WEEK**

**HELD BALL**

A player with the ball must release it within 3 seconds

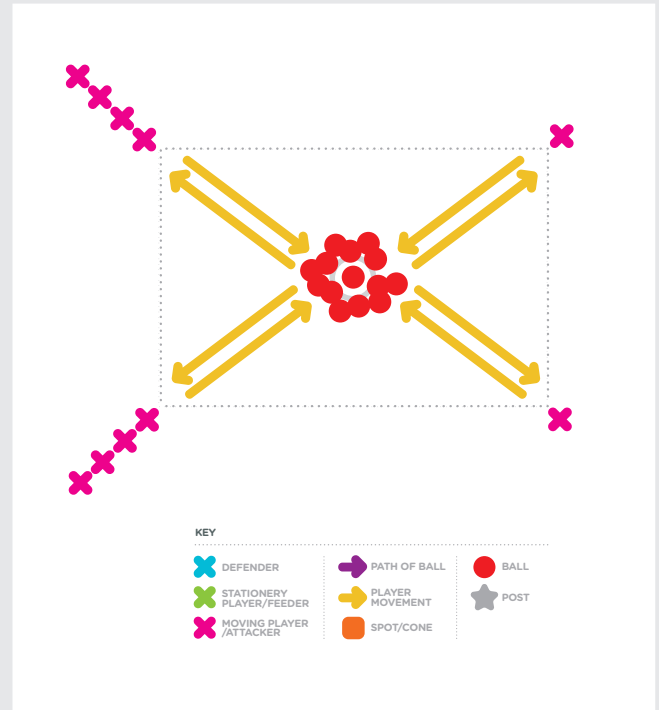
# Passing



WARM UP

## Rob The Nest

1. Split players into 4 teams each on the corners of the centre third with lots of balls in the middle on the centre circle
2. One player from each team runs to the middle and picks a ball up and takes it back to their team
3. The next player in each team then goes like a relay until there are no balls left in the middle
4. Once there are no balls left in the middle the relay continues but they can steal balls from other teams
5. Put a time limit on the game
6. The team with the most balls at the end wins



## Chest Pass

(MEDIUM PASS)

1. Ball at chest height
2. Fingers spread in W shape behind the ball
3. Throw from chest height towards receivers chest



- Don't be a chicken-keep elbows down



- Step in to the pass to add power

## Shoulder Pass

(LONG PASS)

1. Ball at ear height
2. Fingers spread behind the ball
3. Push through the palm
4. Follow through to the tips of your fingers



- Use second hand on the ball as support if needed
- Point at the receiver



- Step in to the pass with the opposite foot to arm to add power

## Bounce Pass

(SHORT PASS)

1. Set up like a chest pass
2. Keep hands behind the ball
3. Throw the ball at the floor so it bounces halfway to the receiver



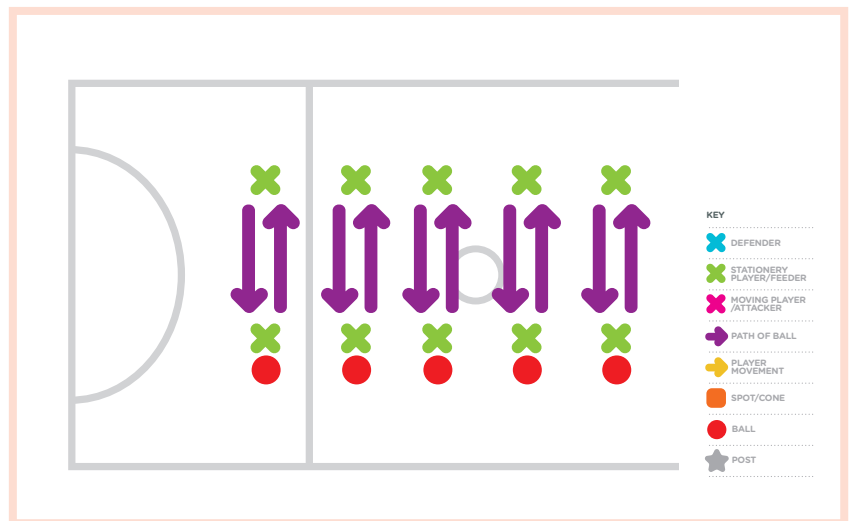
- Keep the ball at chest height and not above the head



- Step in to the pass to add power

## Ladder of Glory

1. In pairs facing each other, set players up down the court next to each other with one ball per pair
2. Pass to their partner 5 times each and then sit down
3. The pair that sits down first moves to the top of the ladder and all other pairs move down



- Start with a chest pass
- Progress to a bounce pass
- One big step back for a shoulder pass
- Use spots to show where to stand



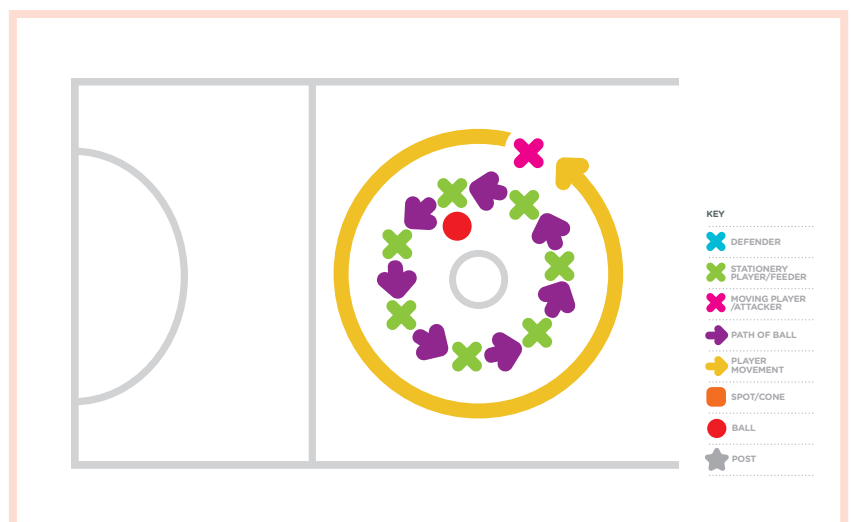
- More passes
- Increase the distance
- Speed it up



- Only chest passes
- Slow it down

## Catch Me if you Can

1. Set players up in a large circle
2. The leader chooses a player to start
3. The chosen player runs around the outside of the circle whilst the ball is being passed around the inside of the circle
4. The runner is trying to beat the ball back to starting position



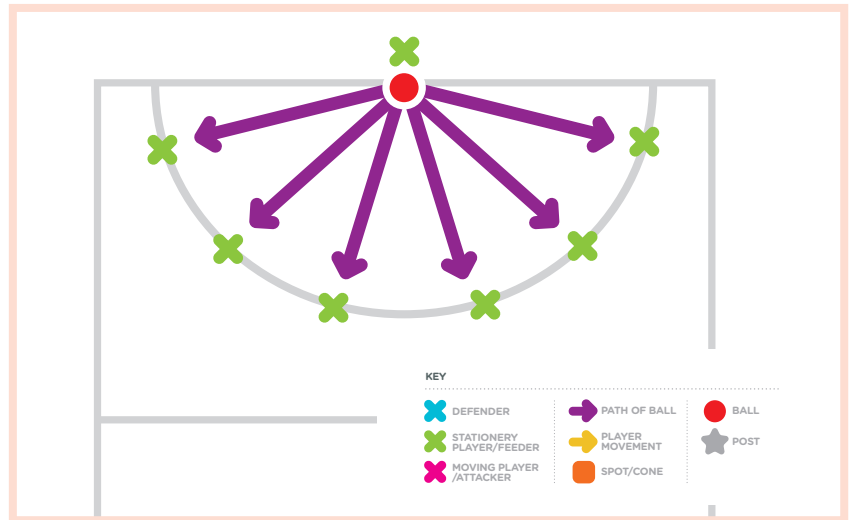
- Start with a soft ball
- Make the circle bigger
- Change the type of throw
- Move to a netball



- The runner must complete two laps of circle

## Clap Ball

1. Players stand on the circle edge with a feeder stood by the post
2. The feeder chest passes players the ball and they pass the ball back to the feeder
3. Once they become successful add a condition that they must clap once before catching a chest pass or twice before they catch a bounce pass



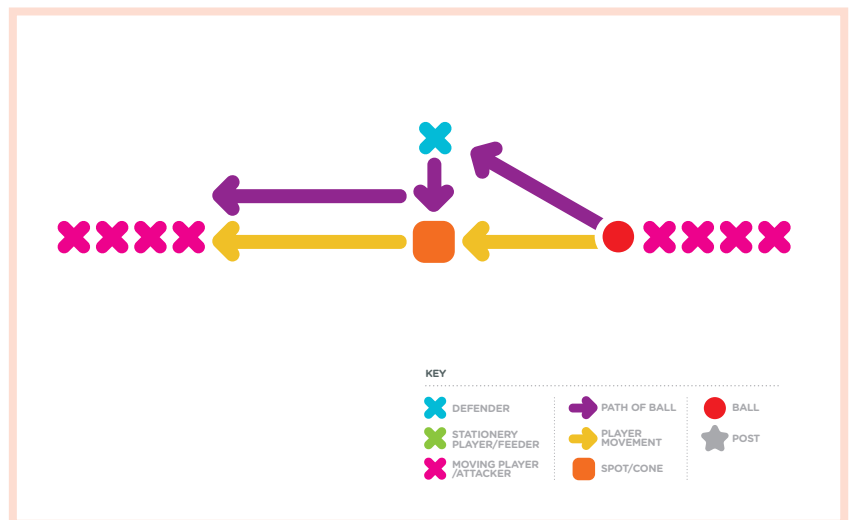
- Make sure the feeder makes eye contact with the receiver before passing



- Add more claps
- Don't pass in order around the goal circle

## Line Ball

1. Players start in two queues facing each other about 10 metres apart with one ball at the front of one of the queues
2. The feeder stands in the middle just to one side
3. The player with the ball passes to the feeder then runs into the middle marked with a spot to receive the ball back from the feeder
4. The player with the ball then passes onto the opposite queue to where they came from and it starts again



- Walk through to start with
- Add spots so players know where to run to



- Vary the passes
- Receive the ball on the move

GAME

## Hit the Post

1. Two teams, two balls, half of the court each
2. Start from the centre circle with the two teams facing towards their half of the court
3. Everyone is allowed everywhere in their half of the court
4. Everyone on their
- team must touch the ball at least once
5. The first team to hit the post by throwing the ball at it scores
6. Return to the centre circle to restart the game
7. The first team to 5 points wins



- Players must throw the ball at the post they cannot touch the ball against the post

**PROGRESSION**  
 You can only score by throwing the ball at the post from outside of the semi-circle or an inner circle made of spots