

RETURN TO COURT ACTIVITY CARD

AIM OF THE ACTIVITY

Partner Ball Juggling

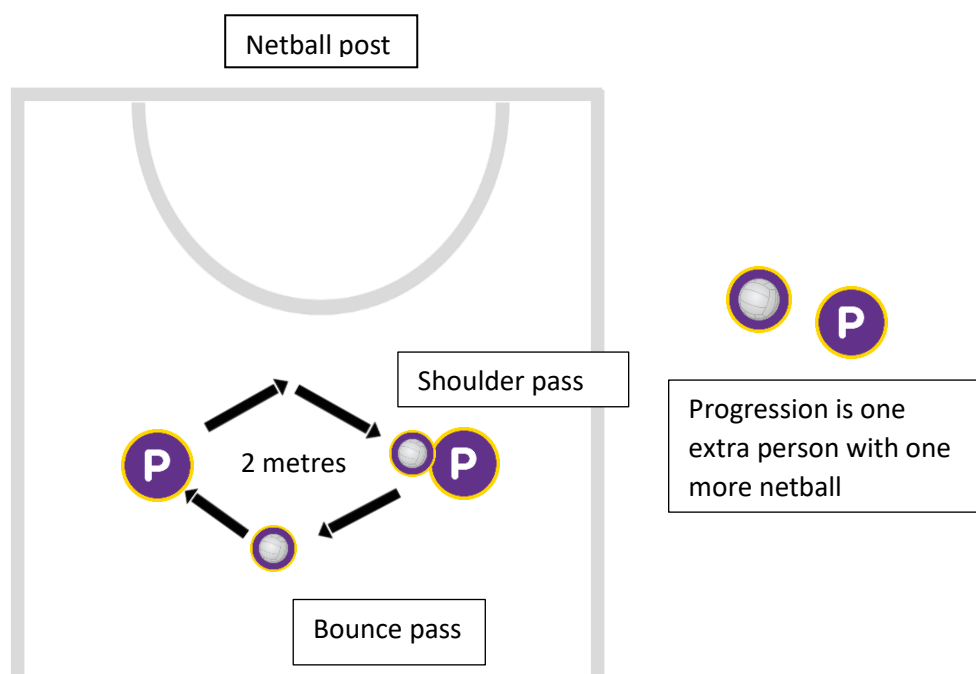
To enhance confidence and develop ball handling skills

EQUIPMENT

2 x balls per pair

2 markers per group so participants know where to stand and encourage social distancing

DIAGRAM



DESCRIPTION

Participants line up 2m apart from each other, in pairs, with one ball each.

Aim: For each pair to release their ball at the same time. One participant uses a shoulder pass, one participant uses a bounce pass.

Each participant stays balanced and steps into the pass.

After 10 passes, rotate which pass is delivered by each participant.

WHAT'S NEXT?

Alternatives:

Only use one ball and alternate the passing

- Both participants use the bounce pass
- Both participants use the shoulder pass
- Alternate the pass

Divide the group into 3's to create a triangle and add an extra ball. Introduce a third different pass (e.g chest pass) or remain with the 2 types of passing.