

RETURN TO COURT ACTIVITY CARD

AIM OF THE ACTIVITY

5, 4, 3, 2, 1

Focus on technique of chest/shoulder pass, with movement.

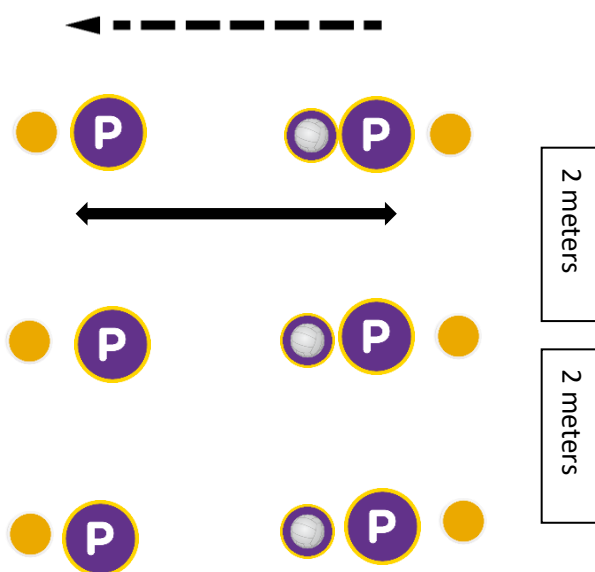
EQUIPMENT

1 ball per 2 people

Stand 3 meters apart (enough space for a chest pass to travel).

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

DIAGRAM



DESCRIPTION

Participants work in pairs, 2m from the next

Each pair has one ball between them

Pass the ball 5 times, then change sides

Pass the 4 times, then change sides and so on.

Until you get to one pass and change sides.

Focus on accuracy of the pass

WHAT'S NEXT?

Increase the distance of the pass

Change the type of pass e.g. shoulder or bounce

Increase the number of passes and start at 10 passes and work down to 1

After each set of passes, turn and walk towards the line behind you, return to your spot and start passing the ball.

Change the style of movement i.e. side stepping.