

BOUNCE PASS

OBEJECTIVE: Passing

EQUIPMENT: 1 ball per person



5 Minutes

DESCRIPTION

1. Players get a ball each and find some clear space.
2. Players throw the ball up in the air, once the ball bounces back on the ground players do a small pass to themselves and then catch the ball.
3. Aim to keep the action continuous and as one movement.

CHANGE IT

Beginner

- If players are struggling to keep the ball controlled make sure the throw in the air is small

Advanced

- Eliminate the catch and allow players to continuously bounce and pass.

ANC CODE

Moving
Our
Body

[ACPMP029](#)

[ACPMP047](#)

[ACPMP065](#)