

PAIRS PASSING

OBEJECTIVE: Passing

EQUIPMENT: 1 ball per pair



5 Minutes

DESCRIPTION

1. Players find a partner and get 1 ball per pair, standing approximately 5 steps apart.
2. Player A throws the ball up to themselves and then does a forearm pass to Player B who catches the ball. Player B then repeats that process.
3. Players repeat this for several minutes. Challenge players to count their passes and try to beat their record each time.

CHANGE IT

Beginner

- Allow players to stand closer together until they become more comfortable with passing
- Player A can throw the ball to Player B instead of a forearm pass.

Advanced

- Once players have completed 5 successful passes get both players to take 1 step back.
- Challenge players to set the ball before catching it and passing it back to their teammate.

ANC CODE

Moving
Our
Body

[ACMP027](#)

[ACMP045](#)

[ACMP063](#)