

PASS TO SELF

OBJECTIVE: Passing

EQUIPMENT: 1 ball per person



10 Minutes

DESCRIPTION

1. Players get a ball each and stand in a clear space.
2. Players throw the ball in the air and then move their body under the ball with their hands in the forearm position. Players then pass the ball to themselves and catch the ball.
3. Players can repeat this for a few minutes to gain more confidence with the pass.

CHANGE IT

Beginner

- N/A

Advanced

- Challenge players to bounce the ball twice on their arms before catching it.

ANC CODE

Moving
Our
Body

[ACPMPO27](#)

[ACPMPO45](#)

[ACPMPO63](#)