



Difficulty level ★☆☆

Core skill: First Touch

PASS THE PARCEL

Activity

Each group counts how many times they can pass the ball (parcel) around their square in 30 seconds or 1 minute Diagram (A).

Progression

Be the first team to pass a number of balls i.e. 3 balls around the square and back to the start. (Diagram B)

Rotate between clockwise & anticlockwise directions for both activities.

Set Up

Area: In a grid of approximately 7m x 7m (depending on ability)

Players: Four players in each square, one player on each corner.

Equipment: 4-5 balls each group, 4 cones each group and bibs.

Teaching Points

Pass with your right, touch with your left (clockwise)

Pass with your left, touch with your right (anticlockwise)

Aim your pass in front of the next player

In front of their left foot (clockwise)

In front of their right foot (anticlockwise)

Face your body the way you want to pass the ball.

Look up before you pass to make sure your team mate is ready.

Communicate & call for the ball if you are ready.

Beginning Activity

