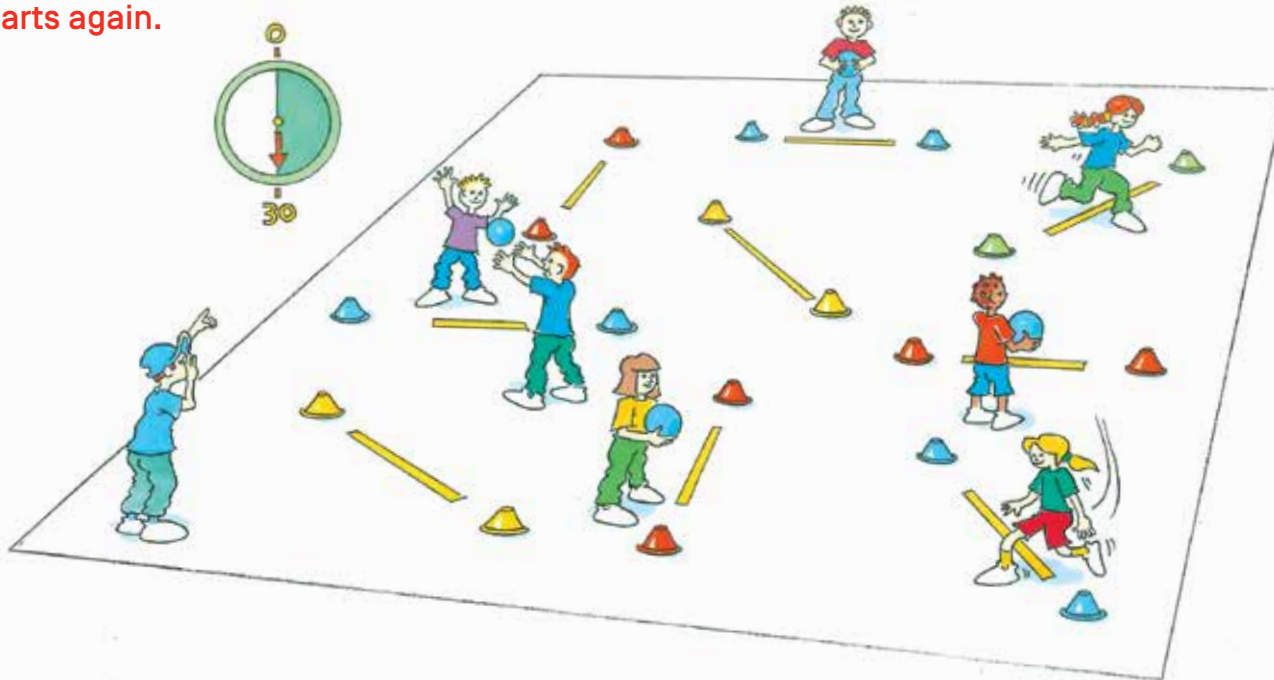




Pairs passing

Players form pairs. On the signal players pass to each other for 30 seconds. At the end of 30 seconds the player without the ball moves to form a new pair. Passing starts again.



What you need

- > 2 cones per pair or alternative such as skipping ropes or tape
- > Indoor or outdoor playing area with pairs of cones 60 centimetres apart, distributed as shown
- > 1 medium-sized ball per pair

What to do

- > Pairs distribute themselves and wait for the signal 'go'.
- > Pairs pass to each other at their own rate for 30 seconds.

Change over

- > At the end of 30 seconds the player *without* the ball moves to find another player with a ball. The activity is repeated.

Change it

- > **Move from cones to cones** – the aim is to pass through every pair of cones. Walk or run to cones depending on player abilities. Extra pairs of cones will avoid congestion.
- > **Catch and do something** – for example, catch, bounce and throw to partner or catch, throw high, catch and return.
- > **Add to variation 1** – players attempt to intercept other pairs' balls – interceptors must be moving for the intercept to count. No body contact.

Note: Ball cannot be taken out of the hands of a player.

Scoring

- > Not scoring is an option.
- > Score as many passes as possible in 30 seconds but don't ask pairs to call out their scores.
- > Try beat your partner's best score.

LEARNING INTENTION

Pairs passing links to activities requiring throwing and catching, and builds to running while throwing, catching and evading other players. A useful lead-in to games like basketball, netball and football codes.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION COORDINATION

SELF-REGULATION (EMOTIONS) COLLABORATION

PERCEPTUAL AWARENESS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO43

ACPMPO61

change it...

Coaching

- > Ask the players how they can ensure everyone is included.
- > Highlight good examples of throwing and catching. Ask the group why they think the pair has been chosen as a role model.

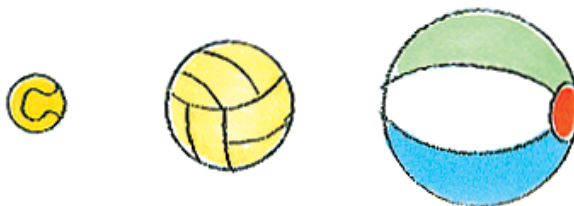
Game rules

- > Vary the type of pass. Ask class for suggestions after providing options.
- > Do the activity in 3s – adjust cones so players don't bump into each other.



Equipment

- > Use different balls – vary size, shape, density and hardness.



Pairs passing

Playing area

- > Bigger or smaller
- > Change the distance between pairs of cones.

Safety

- > Ensure adequate space for number of players.
- > Players should have completed space/player awareness activities before playing.



Ask the players

- > How is your skill performance and score impacted by your emotions?
- > How can your emotions impact your team's performance?
- > What can you do to control your feelings?

Throwers

- > What can you do to ensure you get more passes?

Catchers

- > What can you do to help your partner?