



Australian Government
Australian Sports Commission

F-2

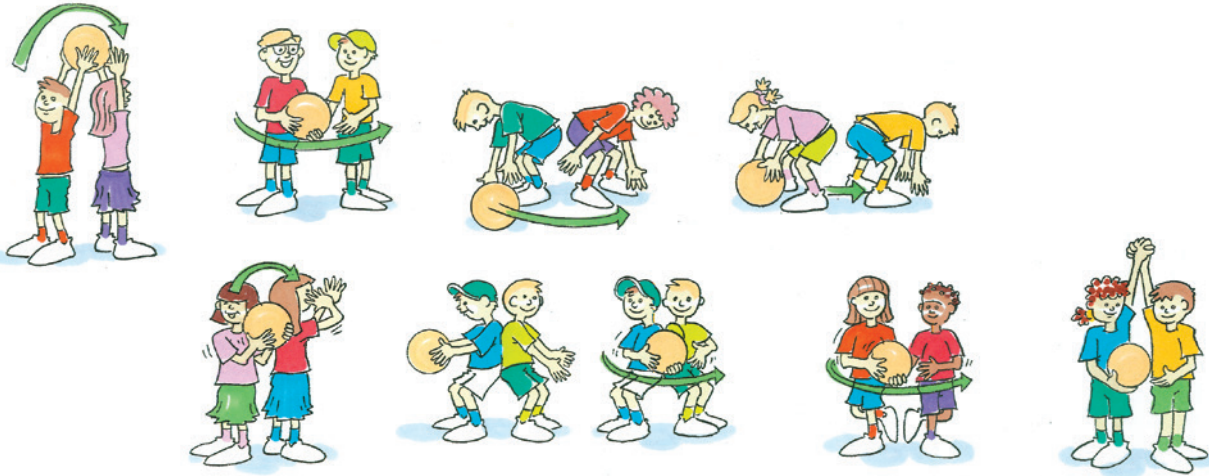
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Back to back pass

In pairs, players are back to back and pass a ball to one another. (Play with 4 or more.)

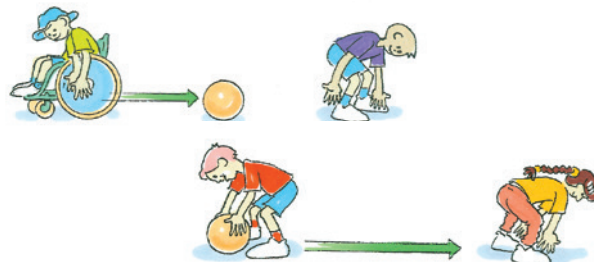


What to do

- > With one ball per pair, players pass the ball back and forth.
- > Ball must *change* hands completely.
- > Explore different passes – make up new ones. A pool provides extra scope for inventiveness.
- > After exploration – set a time period, e.g. number of passes in 20 seconds.
- > Highlight successful passes. Ask children to show their successful passes.

Change it

- > Swap partners.
- > **Easier** – passer or receiver can move feet around.
- > **Harder** – move apart.
- > Move apart and introduce new passes or positions – e.g. rolling along ground, bounce pass.



- > Match players for size in back-to-back activities.

Safety

- > Waist-height water for the pool option.



ASK THE PLAYERS

- > Which technique allowed you to make the most successful passes?
- > Ask students to demonstrate to the rest of the class.
- > How did you cooperate with your partner to pass the ball without dropping it?

TEACHING TIPS

- > Encourage students to try passing over, under and around their body.
- > Remind students about balancing technique (e.g. wide base of support, low centre of gravity) when attempting the counter-balance examples.

LEARNING INTENTION

This activity supports students to practise upper body stretching, balance and ball handling skills.

SKILL FOCUS

BALANCING

CATCHING

ROLLING

CONTENT DESCRIPTIONS

ACPM008

ACPM025