**Boundary pass**

In pairs, players try to make as many passes to each other as they can in 60 seconds. To add a challenge, the pass has to be across a different boundary line every pass.

**What you need**
- Any suitable ball (e.g. volleyball or similar)
- A playing area suitable for the activity and free of obstructions
- Sufficient space between games
- Markers

**What to do**
- Start within the marked area near the centre.
- All move in the same direction (e.g. clockwise).
- Passes can only be made across a boundary line.
- Each pass has to be over a different boundary line.
- Change partners on each round.

**Scoring**
- Highest number of passes in the set time (60 seconds).
- Play for several rounds.

**Teaching tips**
- Provide individual skill instruction if required off-court (e.g. catching technique for catching whilst on the move OR passing the ball ahead of partner so they can meet the pass whilst running).

**Boundary pass** supports students to develop their passing and catching skills whilst in motion and under time pressure.
Coaching

- Provide individual skill instruction, if required, off court (e.g., if players need assistance with an option such as hitting to each other with a paddle bat and ball).
- Use player role models to highlight effective passing.

Game rules

- Allow more than one pass across a boundary.
- Vary the pass – throwing is an option.
- Alternate which side of the boundary the player takes (e.g., receive pass on the inside, move to receive next pass on the outside).
- Play in groups of 3 – ensure playing area is large enough.
- Include all – Use a smaller playing area and smaller group. Allow more than one pass across a boundary.
- Passing options – hockey sticks (one per player) and soft hockey ball, paddle bats (one per player) and tennis ball, soccer ball

Playing area

- Change the dimensions of the playing area. This is an important safety measure (to allow sufficient space between players) as well as a method to vary the challenge.
- If using a paddle bat and ball, start with a smaller area.
- Use up to 4 areas to increase active participation.

Equipment

- Vary the type, size, colour and sound of the ball according to players’ abilities.

Safety

- Ensure adequate space for the number of players and safe spacing between groups.
- Encourage players to be aware of others around them – use peripheral vision while keeping an eye on the ball.
- Hockey sticks must not be raised above waist height.
- Only retrieve out-of-area balls from another area if play has stopped.

Ask the players

- What passing technique did you find to be the most accurate?
- What passing technique did you find to be the fastest?
- How did you combine speed and accuracy to get the highest number of passes in the set time?
- How can you make quick passes while making sure you don’t bump into other players?