



Australian Government
Australian Sports Commission



Boundary pass

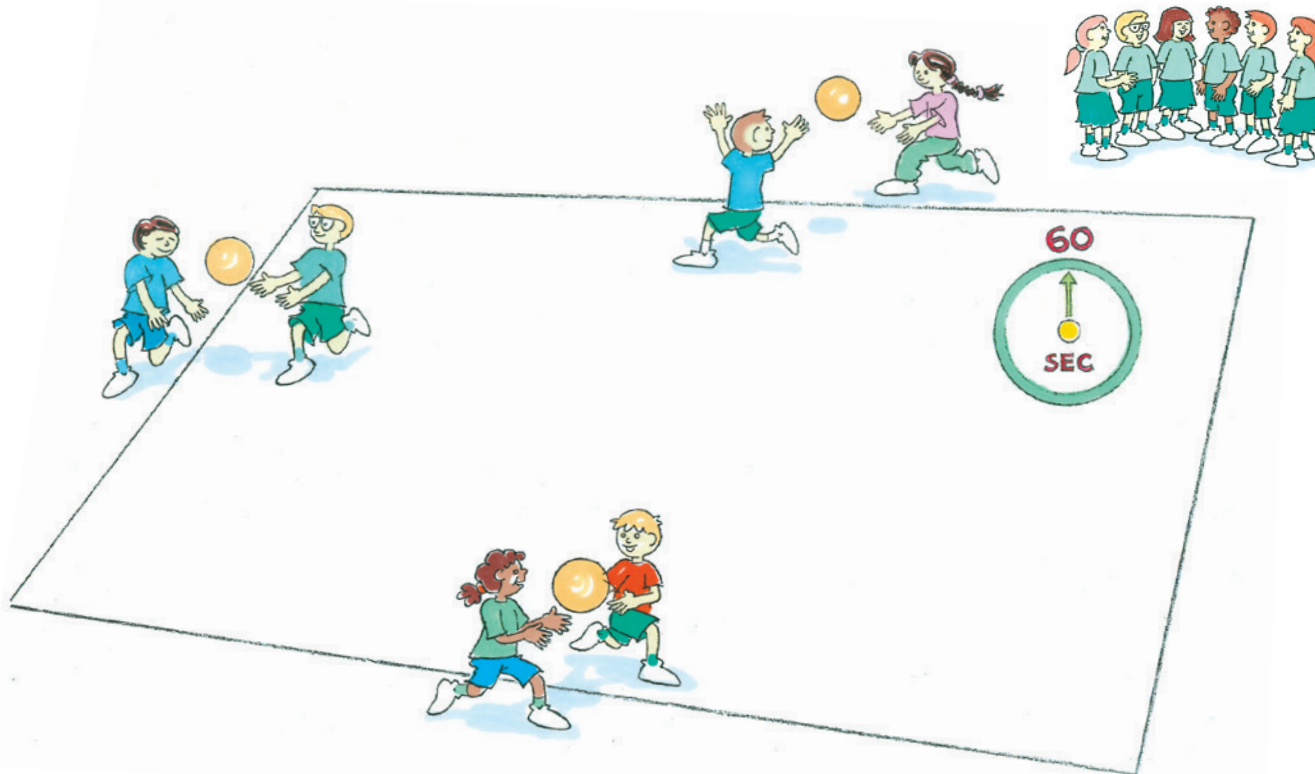
In pairs, players try to make as many passes to each other as they can in 60 seconds. To add a challenge, the pass has to be across a different boundary line every pass.

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

Scoring

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



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.

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.

LEARNING INTENTION

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

SKILL FOCUS

BOUNCING

CATCHING

THROWING

CONTENT DESCRIPTIONS

ACPMPO43

ACPMPO61

Boundary pass

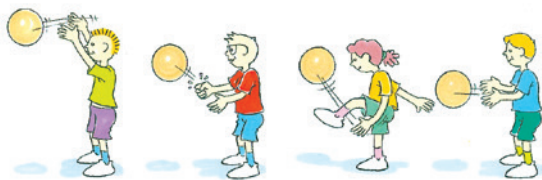
change it...

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

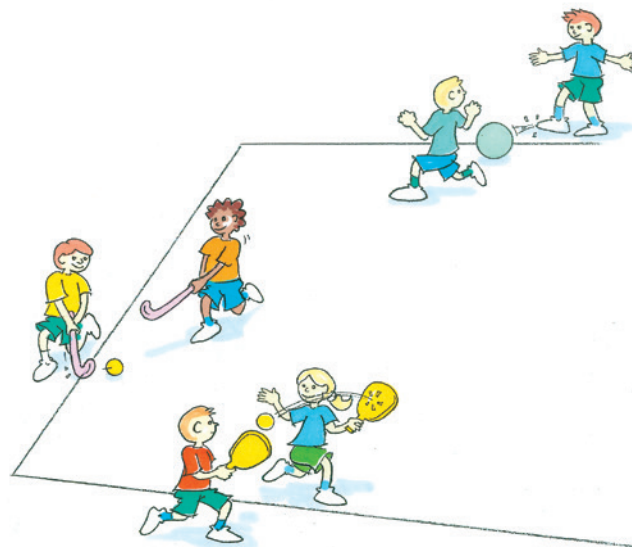


player takes, e.g. receive pass on the inside, move to receive next pass on the outside.

- > **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?