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 practice upper body stretching, balance and ball handling skills.