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.

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

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

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?