Players form pairs. On the signal players pass to each other for 30 seconds. At the end of 30 seconds the player without the ball moves to form a new pair. Passing starts again.

**What you need**

- 2 cones per pair or alternative such as skipping ropes or tape
- Indoor or outdoor playing area with pairs of cones 60 centimetres apart, distributed as shown
- 1 medium-sized ball per pair

**What to do**

- Pairs distribute themselves and wait for the signal ‘go’.
- Pairs pass to each other at their own rate for 30 seconds.

**Change over**

- At the end of 30 seconds the player without the ball moves to find another player with a ball. The activity is repeated.

**Scoring**

- Not scoring is an option.
- Score as many passes as possible in 30 seconds but don’t ask pairs to call out their scores.
- Try beat your partner’s best score.

**Change it**

1. **Move from cones to cones** – the aim is to pass through every pair of cones. Walk or run to cones depending on player abilities. Extra pairs of cones will avoid congestion.

2. **Catch and do something** – e.g. catch, bounce and throw to partner or catch, throw high, catch and return.

3. **Add to variation 1** – players attempt to intercept other pairs’ balls – interceptors must be moving for the intercept to count. No body contact.

**Note** – Ball cannot be taken out of the hands of a player.

**LEARNING INTENTION**

*Pairs passing* links to activities requiring throwing and catching, and builds to running while throwing, catching and evading other players. A useful lead-in to games like basketball, netball and football codes.
Pairs passing

**Coaching**
- Ask the players how they can ensure everyone is included.
- Highlight good examples of throwing and catching. Ask the group why they think the pair has been chosen as a role model.

**Game rules**
- Vary the type of pass. Ask class for suggestions after providing options
- Do the activity in 3s – adjust cones so players don’t bump into each other.

**Equipment**
- Use different balls – vary size, shape, density and hardness.

**Playing area**
- Bigger or smaller
- Change the distance between pairs of cones.

**Safety**
- Ensure adequate space for number of players.
- Players should have completed space/player awareness activities before playing.

**ASK THE PLAYERS**

**Throwers**
- ‘What can you do to ensure you get more passes?’

**Catchers**
- ‘What can you do to help your partner?’