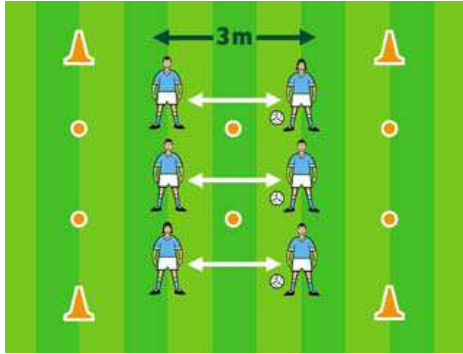


### Basic Drill



#### Stationary Pass

Each Player in turn Fist Passes the ball to their partner for 1 minute

### Fist Pass

#### Key Points

1. Support ball in palm of one hand
2. Swing back and extend the striking hand
3. Strike through the middle of the ball with the fist
4. Follow through in the direction of the pass

#### Head - Hands - Feet

**STEP** - Vary the activity

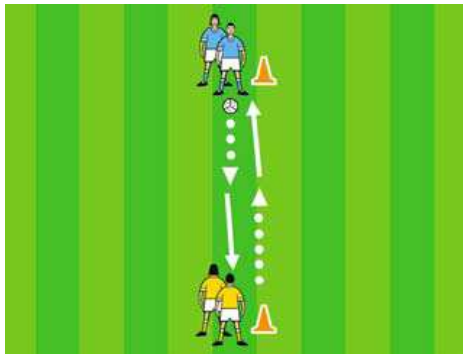
Vary Space

Vary Task

Vary Equipment

Vary Players

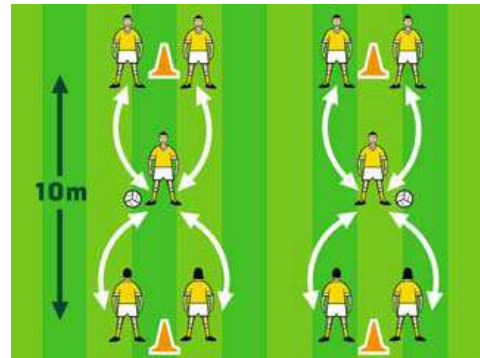
### Intermediate Drill



#### Move and Pass

Players move forward and Fist Pass to the opposite player and continue to the other side

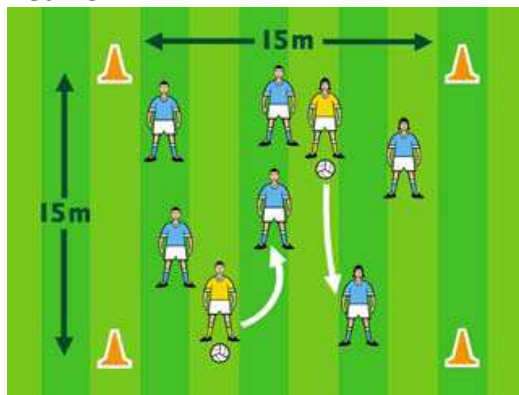
### Intermediate Drill



#### Pressure Pass

Players in turn Fist Pass the ball to the middle player who moves to receive the return pass

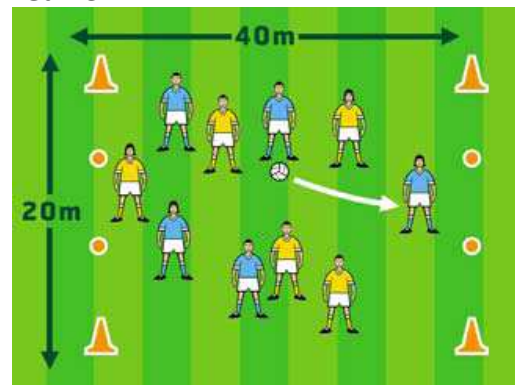
### Fun Game



#### Dodge Ball

2 Player's score hits by striking the other players using the Fist Pass

### Fun Game



#### Goals Galore

Players can only use the Fist Pass to pass the ball and score