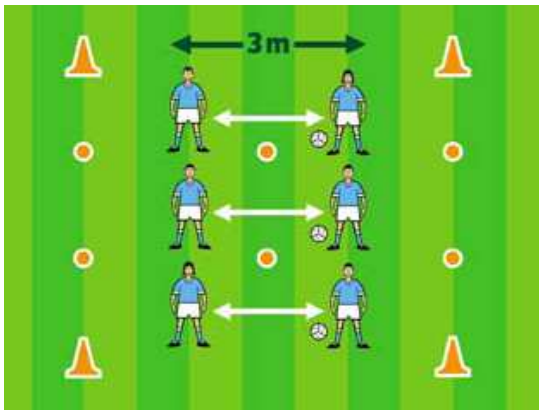


Basic Drill



Hand Pass to Partner

Players Hand Pass to their partner in turn

Handpass

Key Points

1. Support the ball in the palm of one hand
2. Extend the striking hand back
3. Strike through the middle of the ball
4. Follow through in the direction of the pass

Head - Hands - Feet

STEP - Vary the activity

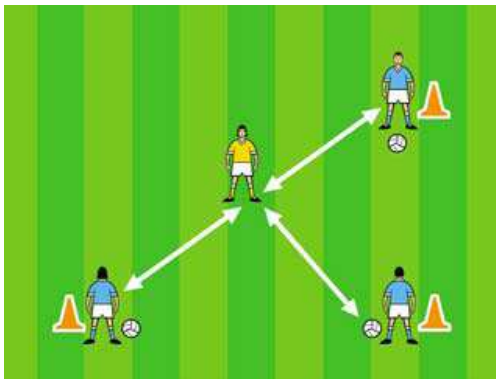
Vary Space

Vary Task

Vary Equipment

Vary Players

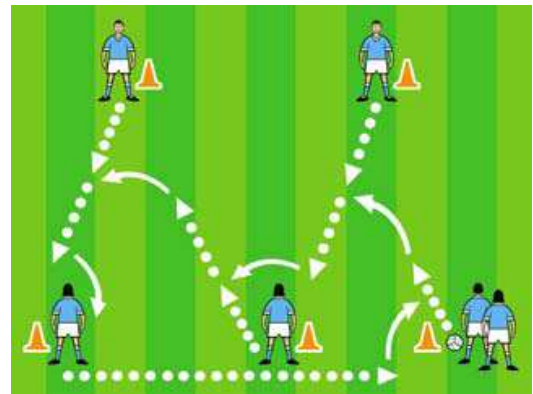
Intermediate Drill



Pressure Pass

Middle player in turn takes and returns a pass from outer players.

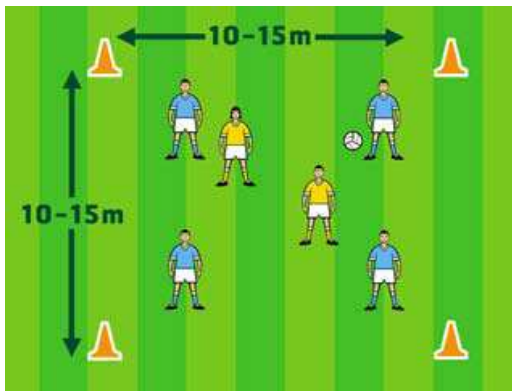
Intermediate Drill



Zig-Zag Pass

Players Hand Pass the ball for the next player to run on to and then take their place

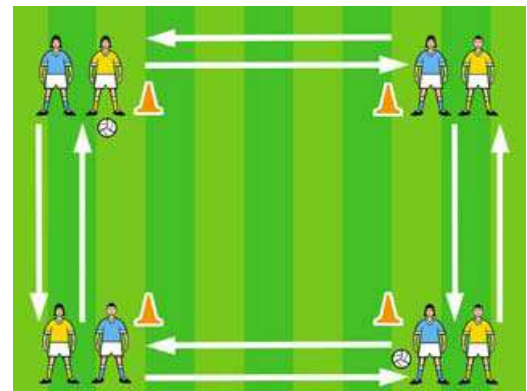
Fun Game



Keep Ball

Players retain possession by Hand Passing to each other.

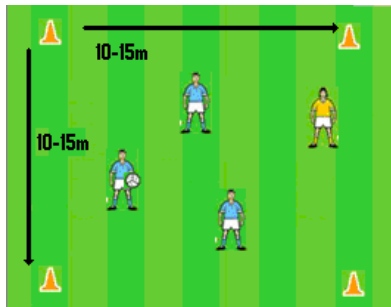
Fun Game



Around the Square Game

One teams Hand Passes clockwise around the square and the other goes anti-clockwise

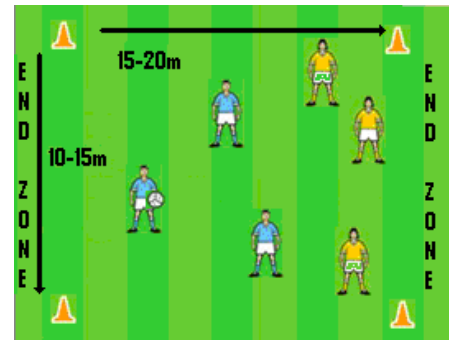
Fun Game



Dodge Ball

4 or 5 players. One player 'on'. Other players handpass ball to touch player 'on' on legs or back. When a player is in possession he/she cannot move so passes to another player if too far away from player 'on'

Modified Game



Touch Down

3 or 4 players per side. Play the ball from one's own end zone to opposition end zone using handpasses. The ball must be carried into the end zone to gain a score.