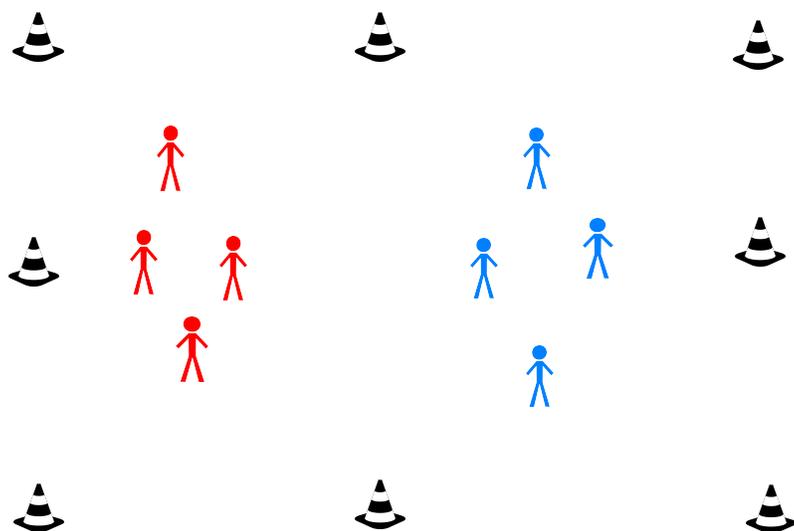


Equipment

- Cones to make boundary.
- Jerseys/pinnies
- Homeball, or any soft ball that can be thrown and caught with hands.

Set-up

- Create boundary with cones so players have enough room to move freely.



Activity Procedures

1. Players are split into 2 teams. Game is best played 3v3, 4v4, 5v5 or 6v6.
2. The object of game is for a team to complete 4 consecutive passes to without the ball hitting the ground or getting intercepted.
3. Defense is trying to stop passes from being completed. No contact is allowed.
4. The player with ball can run freely but must pass the ball within 5 seconds.
5. Handoffs do not count as passes.

Progression

1. Players can not pass the ball back to the player who passed to them.
2. Plates have to make more than 4 passes to score.
3. Players can not run with the ball.
4. Defense gets a point for an interception.

Teaching Cues

- Emphasize having head on swivel when moving around the playing area.
- Eye contact with the person you are throwing to.
- Spacial awareness of all players.

Reflection Questions

1. How can you move safely in the space to avoid contact?
2. How was everyone included in this activity?
3. What strategy did your team use to be successful on offense and defense?