

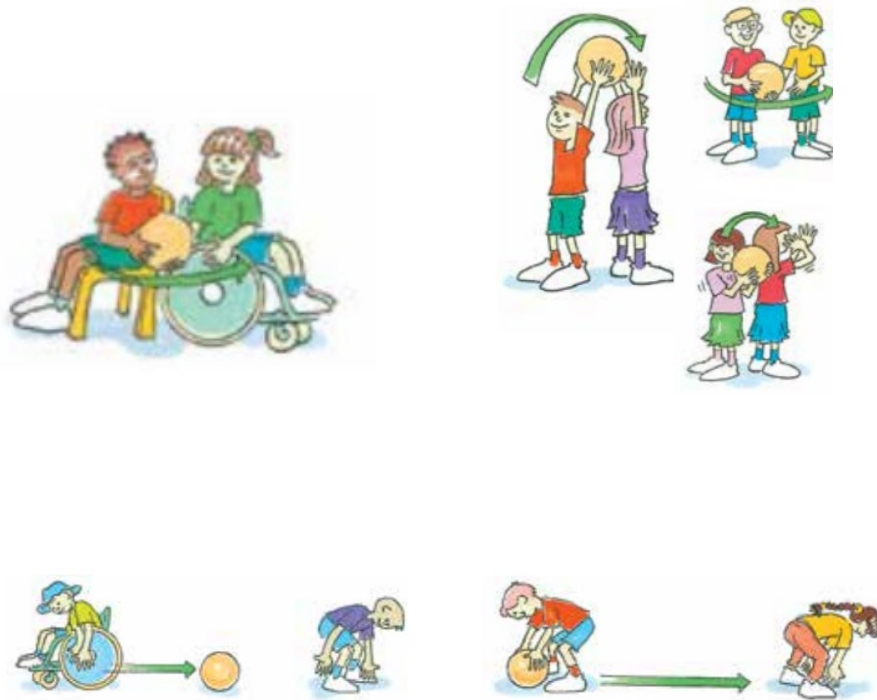
## Back-to-back passing challenge

Time: 10 minutes

### Activity

#### Partner game

- With one ball per pair, players must pass the ball back and forth.
- The ball must change hands completely.
- Explore different passes – make up new ones.
- Set a time period, for example, number of passes in 30 seconds.



### Equipment

- Ball/object to pass such as a basketball, soccer ball, netball, cushion, teddy bear, soft toy.
- Can be played indoors and outside.

### Activity variations

- Change the ball/object size.
- Play in a group and swap partners to see which combination can do the most passes in a set time.
- Try this activity in a swimming pool.
- Move closer together.
- Move further apart.
- Roll the ball between players.
- Change direction clockwise/anti-clockwise.

