



playing for all

Activity Station: **Pass + Throw**

This station includes:

STRIKING & FIELDING GAMES

Catching Challenge

WARM UP GAMES

Back to Back Pass

TARGET GAMES

Bombard

Catching Challenge

SKILL FOCUS

Catching | Throwing



GAME SUMMARY:

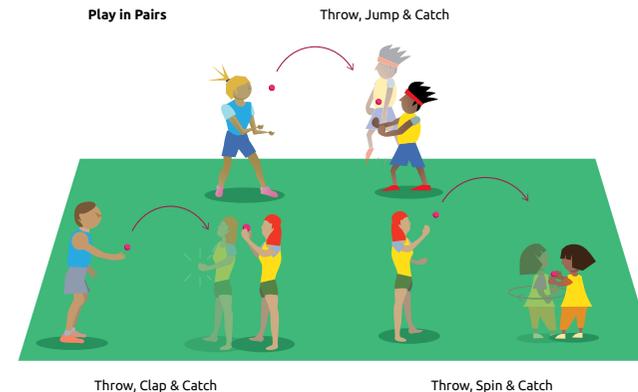
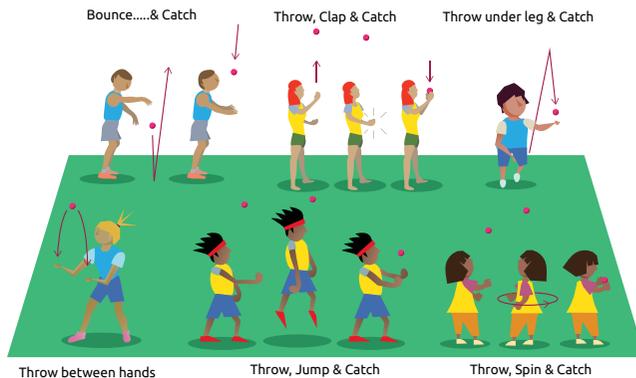
Players throw and catch a ball, trying progressively harder catching challenges.

Equipment needed:

> Balls - 1 per player

Game setup:

Players spread out ensuring they have sufficient space between each other. Give each player a ball.



STAGE 1

Play individually. Follow the coach.

STAGE 2

Progression from stage 1 - make up own movements.

STAGE 3

Play in pairs.

COACH INSTRUCTIONS

"I will throw the ball in the air. Before I catch it, I will do a movement. See if you can copy me."

"See if you can think of your own movement to perform before you catch the ball. Make sure you throw underarm and keep your eyes on the ball."

"Throw the ball to your partner. Your partner needs to perform a movement before they can catch the ball. See if you can think of a new movement to perform."

Players practice a skill then perform it to the coach.

Pairs practice a skill then perform it to the coach.

Scoring Optional: Give players a score out of 10 for performance.

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ASK: "How high do you need to throw the ball to be able to perform a movement before catching it?" "Why is it best to throw underarm?"

ASK: "Where is the best place to aim your throw so your partner can catch it?" "How should you hold your hands ready to catch?"

Some movements players can perform before catching the ball include: clapping, hopping, spinning around, jumping, touch the floor etc. Other throwing and catching challenges can include throwing the ball between legs or around the back, bowling the ball overarm into the ground and catching after 1 bounce or throwing the ball from hand to hand like juggling.

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Catching Challenge

Rules:

- > Set a challenge, e.g. count how many times you can clap / hop / jump etc before catching the ball?
- > Players can perform more than one movement each time, e.g. throw – clap – spin – catch.
- > Players can create and perform a routine.

Equipment:

- > Vary the size of ball. Make it easier with a larger, softer ball. Make it challenging with a smaller.
- > Use equipment relevant to the sport you are coaching such as a softball glove.

Environment:

- > Play indoors or outdoors on grass or hard surface.
- > Try to minimise distractions.

Teaching Style:

- > Use **role models** to demonstrate effective throwing and catching skills.
- > Use **one on one discrete coaching** to assist players during the game.

ALTERNATE SPORTS & SKILLS

Use this game to develop catching skills for cricket and softball.



SAFETY!

- > Ensure the equipment used is suitable for the ability level of the players. Avoid using hard balls.
- > Ensure adequate space between individuals and groups.
- > Players must not interfere with other players.

Back to Back Pass

SKILL FOCUS

Passing



GAME SUMMARY:

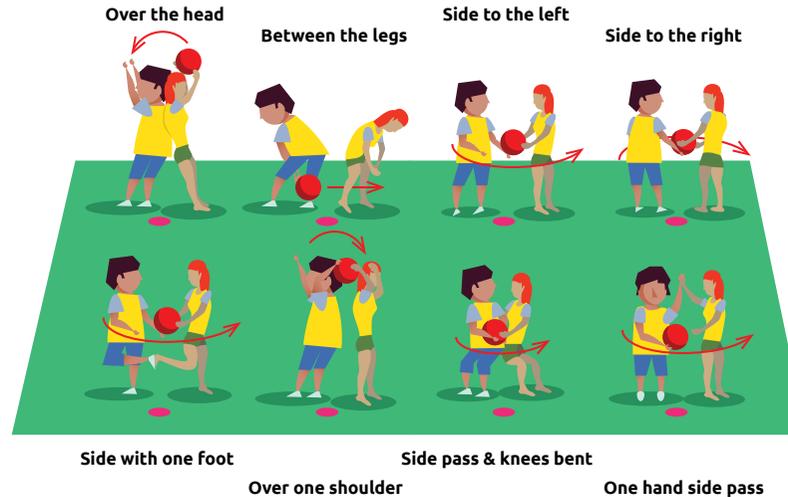
Players work in pairs. Pairs stand back to back and make as many passes as they can in a set period of time.

Equipment needed:

- > Balls (1 per pair)
- > Markers

Game setup:

Split players into pairs and give each pair a ball. Pairs stand back to back. Players perform passes from the options below.



COACH INSTRUCTIONS

STAGE 1

Pairs remain stationary.

*"Pass the ball between you and your partner until I call **STOP!**"*

Scoring Optional: Pairs count how many passes they can make in a set period of time.

Repeat game, pairs see if they can beat their previous score.

STAGE 2

Pairs pass then move. Spread out several markers around the playing space.

*"Pass the ball 10 times between you and your partner. Run to another marker and make another 10 passes. Keep going until I call **STOP!** Count how many markers you get to."*

Repeat game, pairs see if they can beat their previous score.

ASK: *"How can you and your partner work together to pass quickly and get to more markers?"*

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Back to Back Pass

Rules:

- > Vary the time challenge.
- > Call "**CHANGE**" to change passing direction.
- > Swap partners.
- > Vary the passing challenge, e.g. pairs make a combination of passes at each marker such as side / over / under. Or perform different passes at each marker (e.g. red marker = over the head, green marker = side to side, blue marker = between the legs).
- > Make it easier by allowing players to move their feet while passing.

Equipment:

- > Vary the type of ball according to ability level.
- > Use textured balls, noisy balls or brightly coloured balls if appropriate.
- > Players can sit back to back on chairs to perform passes.

Environment:

- > Play indoors or outdoors on grass or hard surfaces.
- > Minimise background distractions.

Teaching Style:

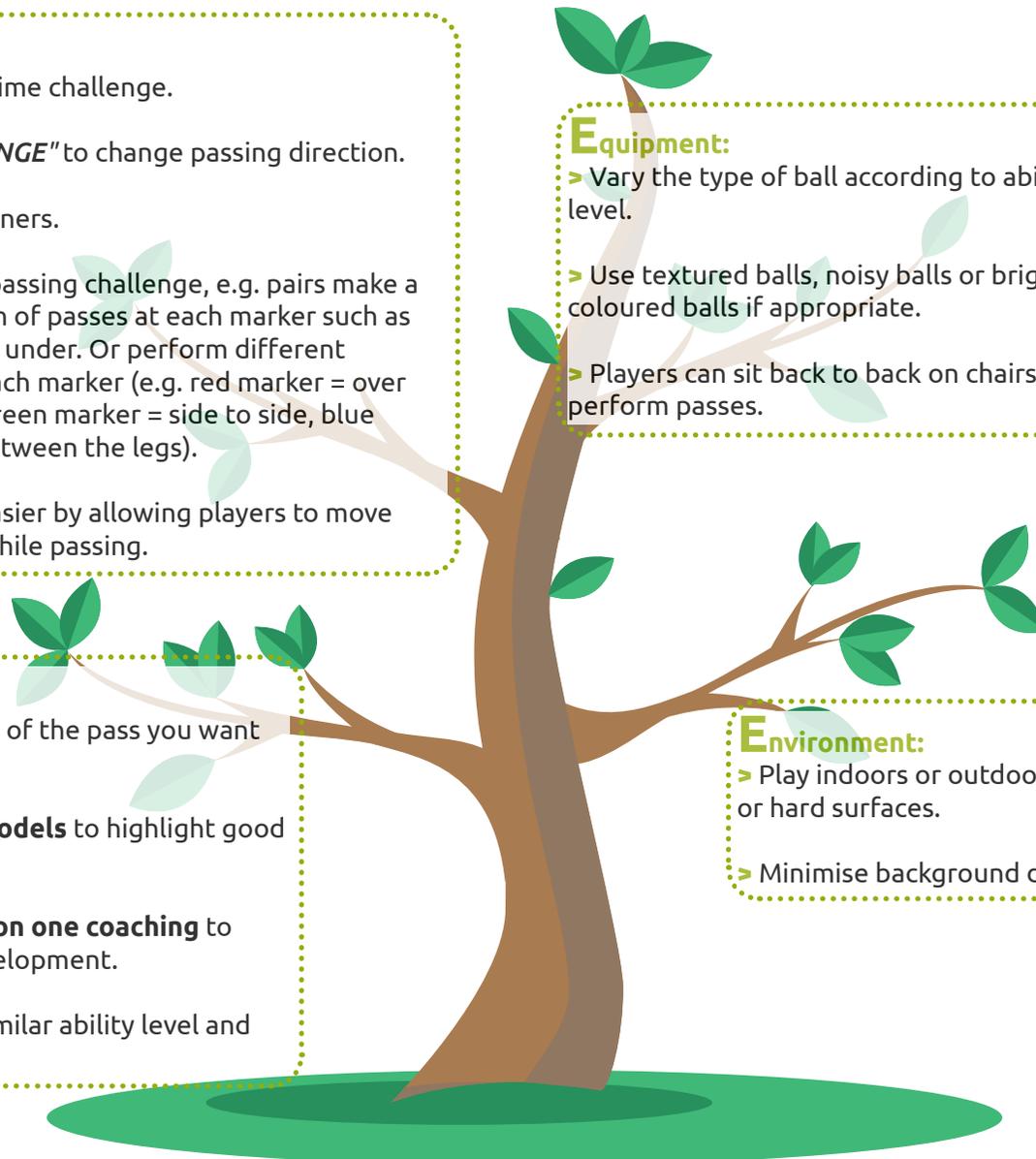
- > Use **picture cards** of the pass you want players to perform.
- > Use player **role models** to highlight good passing technique.
- > Use discrete **one on one coaching** to assist with skill development.
- > **Pair players** of similar ability level and height.

ALTERNATE SPORTS & SKILLS

This game can be used as a passing warm up or low intensity indoor activity for any sport.

SAFETY!

- > Ensure playing area is free from obstructions.
- > Players need to be aware of others around them.
- > If the area is too confined, players can be restricted to walking for safety.



Bombard

SKILL FOCUS

Throwing | Accuracy



GAME SUMMARY:

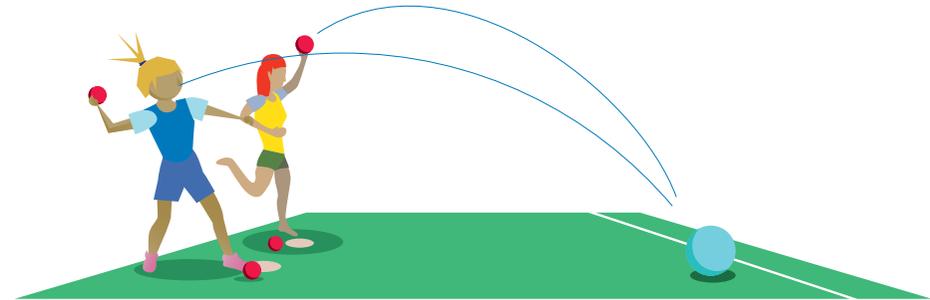
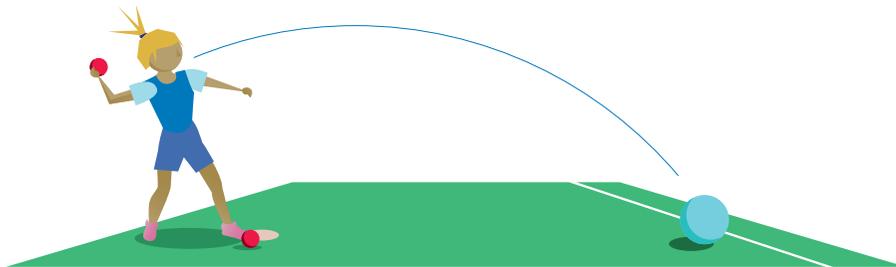
Players throw balls at a large target ball with the aim of moving it over a line.

Equipment needed:

- > Small balls (2 per player)
- > 2 larger balls
- > Markers

Game setup:

Players stand with their toes on the throwing line. Coloured dots can also be used to show players where to stand. Place large target ball 2 - 3 meters from the throwing line (you can call this ball by it's colour e.g. large blue ball). Give each player 2 small balls each.



COACH INSTRUCTIONS

STAGE 1

"Throw the small balls at the large ball to make it move."

STAGE 2

"Throw the small balls at the large ball to make it roll over the end line."

"The group receives 1 point for each time the ball rolls over the line."

STAGE 3

Split the group into 2 teams with 1 large target ball for each team.

"Throw the balls at your team's large ball. The team that gets their ball to roll over the line first gets a point."

ASK: *"How can you work together to get your ball over the line first?"*

"How can you keep the ball moving?"

"What type of throw works best?"

FOUNDATION:

Skill Development



COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Bombard

Rules:

- > Vary the throwing technique (e.g. overarm, underarm).
- > Add a time challenge, e.g. see how many times you can get your ball over the line in 5 minutes.

Equipment:

- > Vary the type of target ball. Make it easier by using an exercise ball or beach ball. Make it harder by using a smaller, harder ball such as a basketball. Test each option before the session.
- > Vary the type of throwing balls. Make it easier by using large balls such as volleyballs. Make it harder by using smaller balls such as tennis balls.

Environment:

- > To increase success, move the target ball closer to the throwing line and decrease distance to the end line.
- > To challenge players, move the target ball further from the throwing line and increase distance to the end line.
- > Ideally play indoors with minimal background noise.
- > Position the game close to a wall to allow easy retrieval of balls.

Teaching Style:

- > Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.
- > Give **one on one discrete coaching** to help skill development.
- > Use **questioning** to encourage players to think of their own strategies.

ALTERNATE SPORTS & SKILLS

Use this game to develop other skills such as kicking, rolling or bowling at the target ball.



SAFETY!

- > If possible, use soft throwing balls.
- > Ensure sufficient space between individual players and teams.
- > No one goes into the throwing area during play.
- > Do not allow players to throw balls when someone is in the playing space. Call **"STOP!"** to allow players to retrieve balls.
- > Balls must be thrown below waist height.