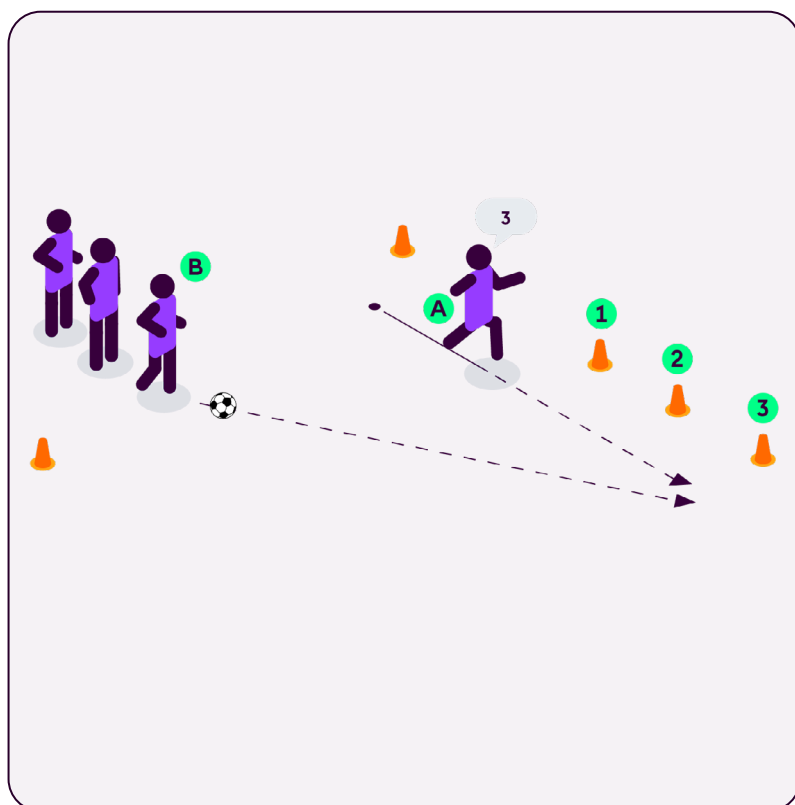


Activity sheet

Playing Through the Pass



Equipment

- 1 football per team
- 2-3 cones
- 1 start spot

Teams

- 4 people in a team

Safety

- Keep the ball below knee-height
- Check the running space is clear

How to play

- Put 1 spot and 3 cones in a long line.
- Player A waits by the spot – the start.
- The rest of the team make a queue, facing A, at least 2m away.
- Player B is first in the queue and has the ball ready to pass to A.
- Player A starts to move along the line of cones and calls the number they will move to (1 = nearest, 3 = farthest).
- Player B times the pass to arrive at that cone at the same time as A.
- Player B moves to the start spot.
- Player A passes the ball to the next player (C) and goes to the back of the queue. Player C now passes to B.
- Repeat until all players have passed.
- How many times does the ball arrive at the same time as the receiver?

Support

- Aim for cones but without a moving receiver
- Passer selects the target cone, not the receiver
- Pass from a point that is closer to the cones

Stretch

- Remove the cones and aim for the receiver
- Pass while moving, rather than standing still
- Alter the angle at which the receiver runs

Include everyone

- Change the ball, e.g., bell ball, contrasting colour to floor, large and light for pushing, no- or low-bounce
- Receiver calls or signals to indicate location and destination
- Roll the ball, use a chute or use wheels/bat/stick to push the ball

Play anywhere

Play a classroom version by aiming paper balls at a target pinned on the back of a moving player.

Football skills

This activity helps you to...

- Be aware of other players
- Adjust the weight (strength) of a pass
- Judge pace and timing

Life skills

This activity helps you to **solve problems**.

When solving problems, you need to:

- Try different methods to see what works best
- Be creative and try something new