

Group



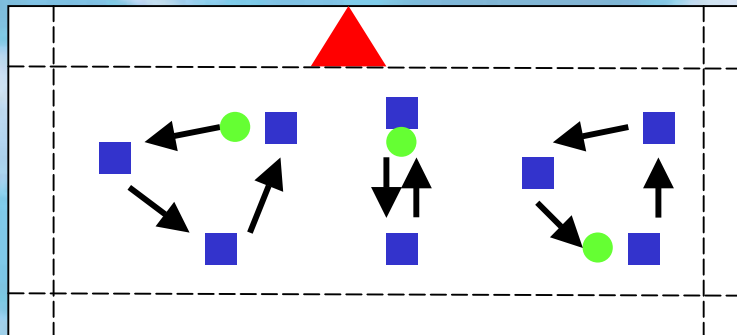
Individual

Pairs



CATCHING, PASSING, THROWING

Ten Clean Passes



Outcome:

- Participants make up groups of 2 or 3.
- Three balls of various sizes are made available (Squash ball, Water Polo ball through to inflatable Beach Ball).
- Each ball is passed around between participants without touching the water (clean passes), at least 10 passes with each ball must be made before moving on to a different sized ball.
- The first group to finish with all three balls is the winner.
- This activity focuses on the **FUNDamental** aspects of **CATCHING, PASSING** and **THROWING** through the use of different size balls.

Equipment Needed:

▶ 3 balls of different sizes
e.g. – Squash Ball, Water Polo ball, inflatable Beach Ball.

Diagram Key:

- = Coach
- = Participants
- = Equipment
- = Direction



Ten Clean Passes

COACHING POINTS

- ▶ *Make eye contact with the person receiving the ball before passing it to them.*
- ▶ *Passes must be into an area where it is possible for them to catch it cleanly.*
- ▶ *Passes are controlled throws, so when passing don't take the arm right back (less power and more direction).*
- ▶ *With all catches 'cushion' the ball into hands by bending at wrist, elbow and shoulder as you receive it.*
- ▶ *When catching keep your eye on the ball and watch it all the way into your hands.*

DIFFERENTIATIONS

EASY: *Participants start in shallow end standing up. Catches and passes made with both hands.*

HARDER:

- *Catches and passes with one hand only.*
- *Participants can progress into deeper water - no standing on the bottom.*
- *Increase the number of clean passes.*
- *Start to time how long it takes to make 10 clean passes with all 3 sizes of ball.*
- *Different shaped objects e.g. – pull-buoys.*

HEALTH & SAFETY

- ▶ *Ensure that participants are aware of where others are and do not have any physical contact.*
- ▶ *When passing the ball participants make eye-contact with receiver and take care where the ball is heading.*

