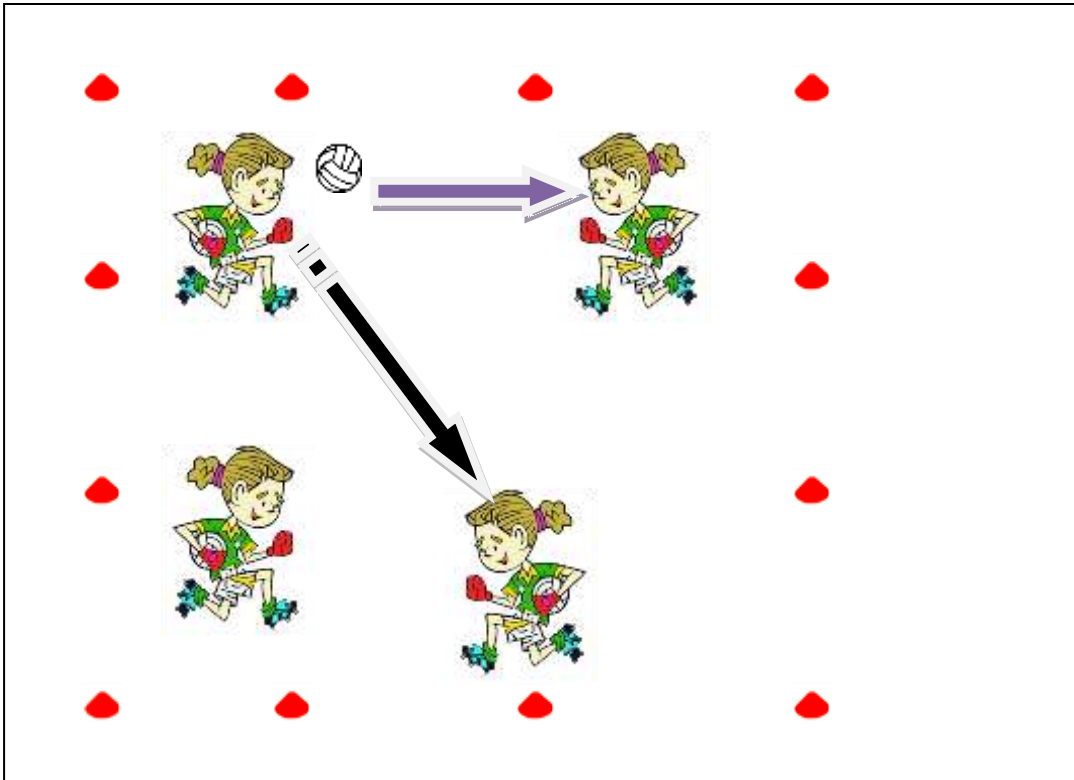


NON INVASION: Game 2 Game- Team ball pass



FOCUS

Challenge the children to create space in a non-invasive setting, through use of various passing methods.

RULES – HOW TO PLAY

- Mark out grids
- 4 People in each grid
- Make passes to partners in grid by throwing the ball in a static position first, then advance to hand-passing.
- After passing the ball player moves to find a new space. (pass and move)
- How many passes in 30 sec's/ 20 secs. etc.
- Challenge children to move about the grid finding space



HARDER

- Less time on ball- e.g. 3 sec's/2 sec's
- Have to make more passes
- If ball touches the ground you must start over
- Challenge children to set number of passes in less time

EASIER

- Fewer passes- give more time
- Use bigger balls
- Allow ball to bounce
- Use a smaller grid

COACHING POINTS

HEAD

- Eyes looking up to scan the area and watch ball all the way into hands before moving to free space.

HANDS

- Shaped like "W" to catch- Fingers spread wide. Arms and body in a bucket shape and hands facing target

FEET

- Place feet firmly on floor while catching. 1 foot in front of other when passing and fast feet when moving.

EQUIPMENT:

- Domes / Cones
- Balls
- Sliotar's/ Hurls if used for hurling