

As they apply their skills

Precision Passing

Activity Card



Let's play

- 4v4 in one 'garden'
- One team of attackers, one team of defenders
- Play 4v2 with two officials - one acting as time keeper and scorer; the other acting as referee
- The attacking team send and receive the ball between themselves for 5 consecutive passes without the ball being touched by the defenders to score one goal/point
- Defenders try to intercept the ball. Decide on a scoring system for the defenders e.g. defenders awarded 1 point for a touch/tip but no possession and 3 points for gaining full possession
- After set time change officials over, then change officials with defenders, then change defenders and attackers
- Make sure everyone plays the role of both officials
- Make own rules about what players can do when in possession of the ball and how long they can be in possession for? What happens if the ball goes out of the garden?



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Precision Passing

Key words

Control, balance, coordination, spatial awareness

Teamwork, strategies and tactics to outwit opponents

Accuracy, catch, throw, dodge, mark, attack – find space, defend - reduce space/options

Fast feet, fast hands, fast thinking, peripheral vision

Resources

Throw-down markers, cones, variety of balls, bats, stop watch, whistles, bibs/ tails/team bands, etc.

Safety & Organisation

Ensure:

- surface is safe and free from obstructions
- gardens have large run off areas between them
- children wait for ball to be thrown back to them if it goes out into another 'garden'
- non-contact
- zones for less ambulant or wheelchair users as appropriate

Opportunities to:

- develop control, balance, coordination
- develop spatial awareness
- show accuracy and effectiveness in sending, receiving, attacking and defending skills
- identify what makes a skill, idea or action successful and make simple judgements about their own and others' performance, use this information to plan how to improve
- describe how exercise affects the body and give reasons why daily physical activity is good for them

Questions

- Did you listen to the official at all times?
- How fairly did you play, did you keep within the rules?
- Which do you enjoy most - attacking or defending and why?
- How well did your team communicate with one another when you were attacking /defending?
- What are you going to try to improve for next time?
- How did you feel when you made an interception?
- What makes a successful attacker/ defender?
- What skills are you going to practise to be more successful next time? - How long do you think it will take you to become more successful?
- What did you do so you could keep the score accurately?

Changes to the activity

Change the:

Space

- smaller area harder to attack, easier to defend and vice versa

Task

- way of sending and receiving, e.g. kicking, hitting, rolling etc.
- way of travelling as attackers and defenders, e.g. crab football, scorpion handball
- rules in relation to possession, e.g. must put ball around tummy before throw, or must sit down after throw ball, pass before 3 seconds, remain still in possession and in defence, e.g. must run out to edge of garden and back after an attempted interception or three seconds of marking, etc.
- way points/goals are scored, number of passes, etc.
- rules – respond to a range of cues in relation to type of pass, movement, etc.

Equipment

- use a variety of different equipment, including non-traditional equipment

People

- numbers playing, e.g. 4v0 to practise passing without pressure, 4v3 or 4v4 to increase the pressure
- way the teams are rotated, etc.
- verbal cues for visually impaired

