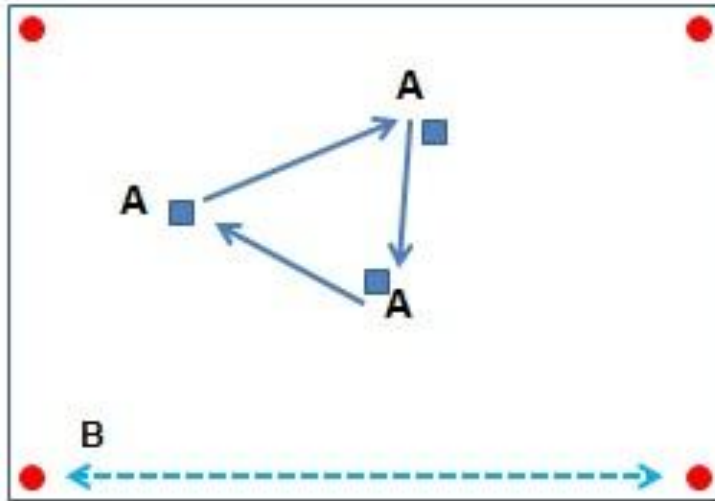
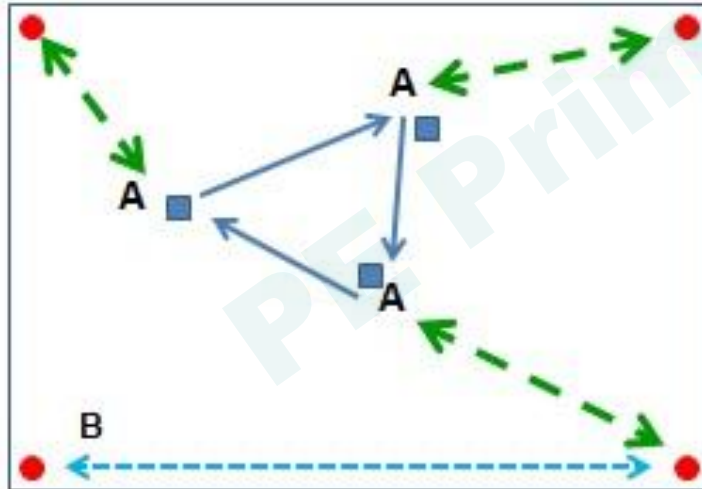


Shuttle Runs and Passing



Groups of 4 in 2 joined activity areas.

- Three pupils [A] stand in the activity area and 1 pupil [B] stands to the side.
- B completes a pre-determined shuttle run between end cones.
- The 3 A players stand on inner cones and complete consecutive passes.
- How many passes can they make before B completes the shuttle?



All players to shuttle run in turn.

- Move cones for 3 A players back to the corners of the garden.
- Each passer must run to their cone after passing ball.
- Try different types of passes.
- Change cones for passers to run to so they have further to travel. How does this affect the timing of the pass?