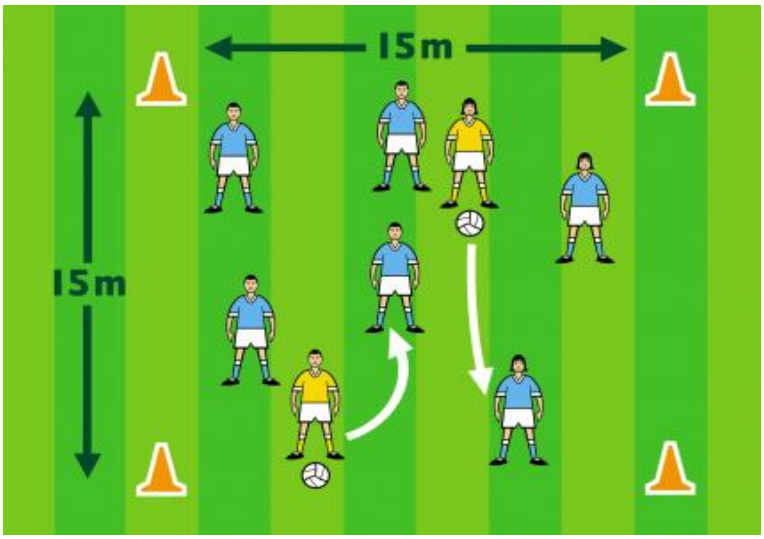
LEVEL 3

FIST PASS - DODGE BALL

— FOOTBALL



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This fun game to develop the Fist Pass technique should be played with extra care

Organisation

- Divide the players into a team of 6 and a team of 2
- The team of 2 players must try to score ‘hits’ by striking the other team with the ball using the fist pass; a hit is awarded only for striking the torso of a player
- Award one point for each hit, or alternatively the player who is hit must leave the game
- A hit is cancelled if the ball is caught
- Rotate the players when the team with the ball reaches 15 points, or when all the dodgers have been eliminated

STEP Variation

Equipment- Use a sponge ball when playing the game with young players

EQUIPMENT LIST

- Cones
- Football

Notes