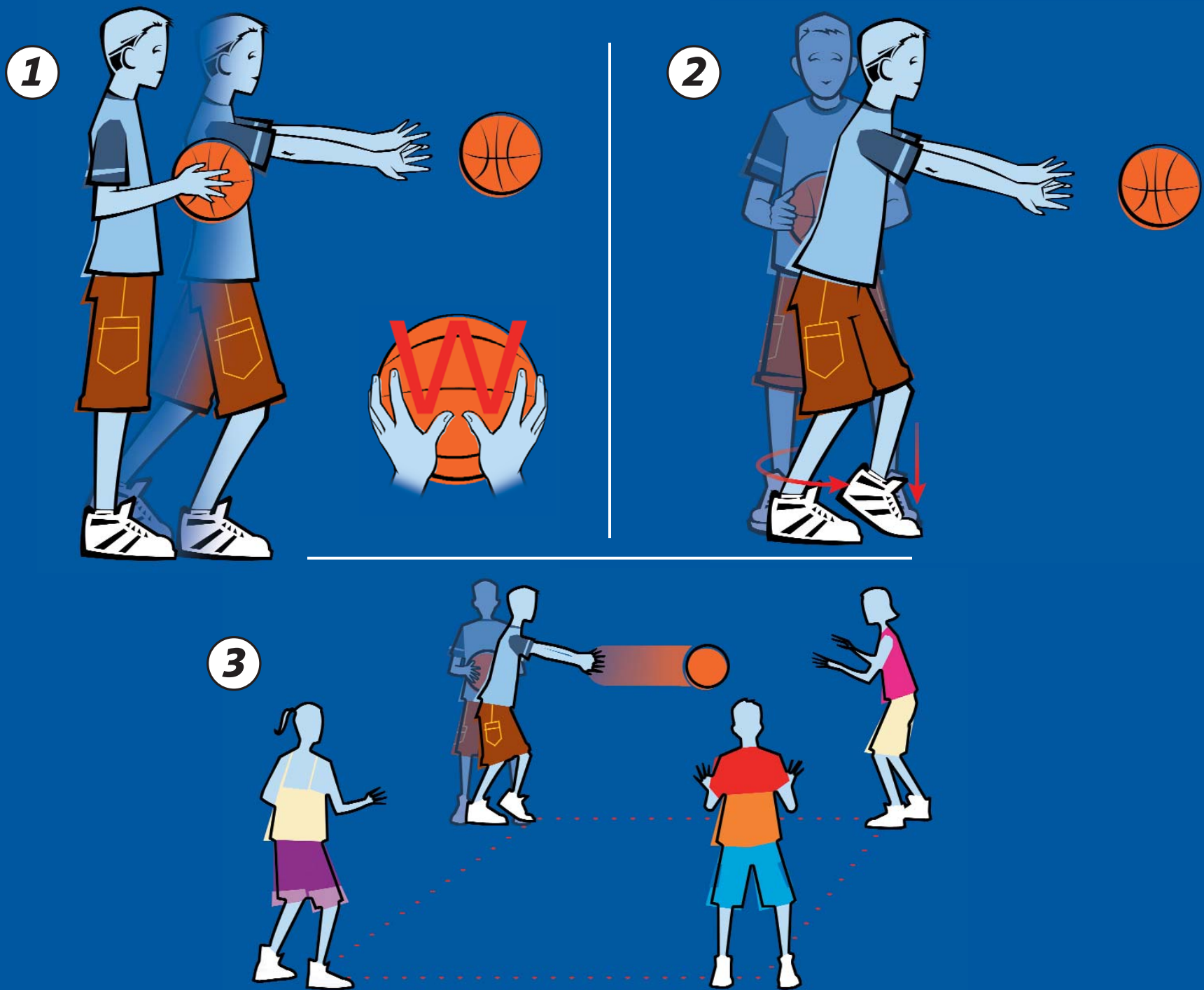


Hoops Ball Relay

Pivot and Pass!



1 Chest pass

- Make a "W" with your hands on the ball, thumbs slightly apart.
- Elbows in, with the ball at chest height.
- Keep your eyes on the target.
- Take a step forward and pass.
- Finish with your palms facing out and your thumbs down.

2 Pivoting

- Bend your knees and hips slightly, with feet shoulder-width apart.
- Make sure the ball of one foot is "stuck" to the same spot on the floor.
- The other foot can take steps (right, left, forward or backward), as long as the toes from the first foot don't move (like squishing a bug).

3 Let's get started

- Mark off an area 5 m x 5 m and place a ball in the middle of the square.
- Divide players into groups of four: one person to occupy each corner around the square.
- Select one player in each group to be the "runner".
- When the whistle is blown, the "runner" collects the ball from the middle of the square and returns to their starting position, then passes to the player on their left using the chest pass.
- The player who has just received the ball then pivots 90° and passes to the player on their left.
- If the ball is missed, the player who threw the ball must collect it, return to their position and pass again.
- Continue pivoting and passing to the left until the ball has been around the square twice.
- Now pivot and pass to the right for two complete circuits.
- The runner then takes the ball and places it back in the middle of the square.
- The group that completes the routine first wins the round.

