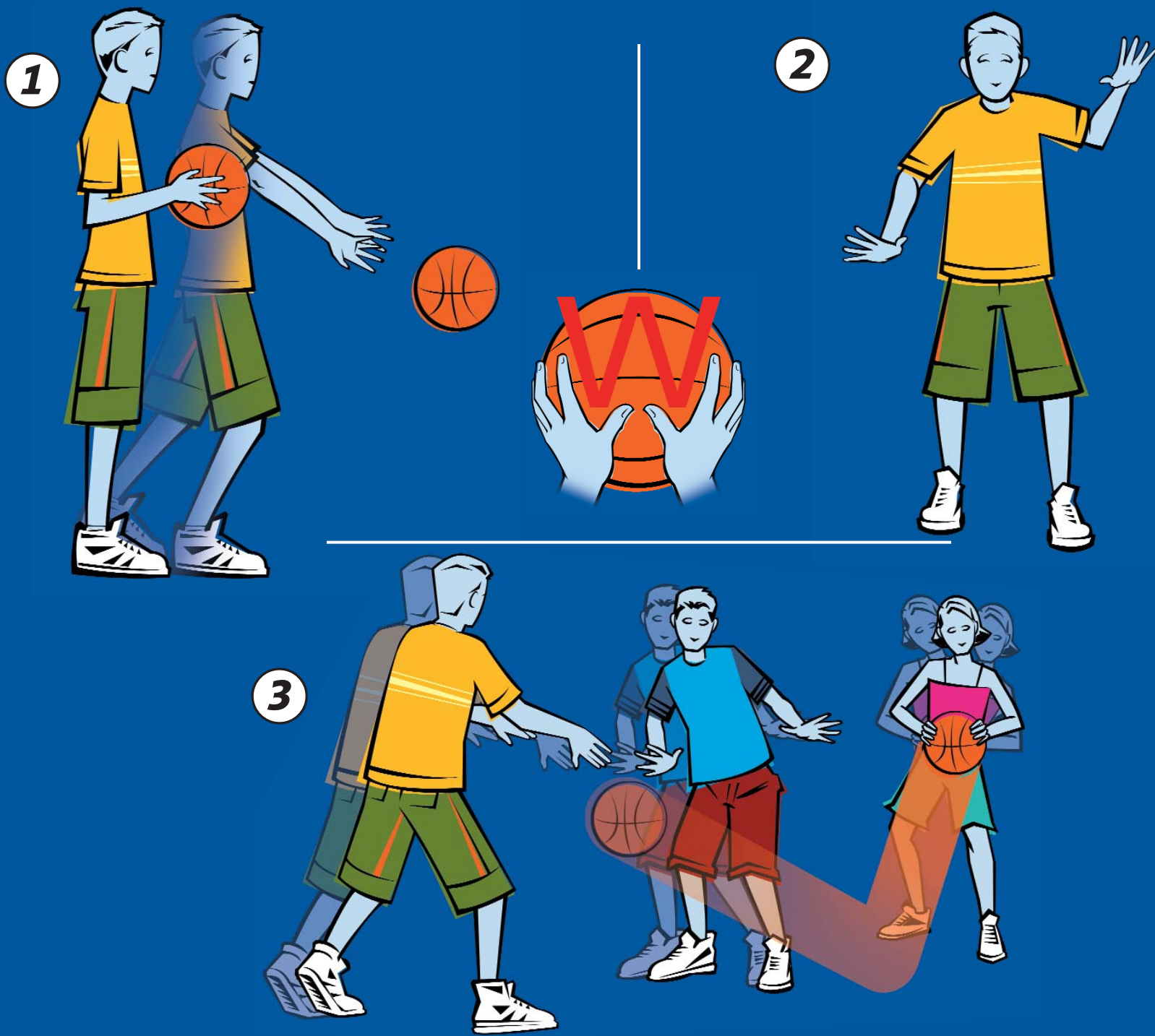


Keep Away

Pass, block and bounce!



1 Bounce pass

- Make a "W" with your hands on the ball, thumbs slightly apart.
- Elbows in, with the ball at chest height.
- Aim the ball at the floor, 2/3 of the distance between you and your partner.
- Keep your eye on the target.
- Take a step forward as you pass.
- Finish with your palms facing out and your thumbs down.

Receiving a pass

- Make a "W" with your hands and keep your arms out in front of you, ready to receive the ball.
- Keep moving to stay clear of the defender.

2 Intercepting a pass

- Feet shoulder width apart, with one foot slightly forward.
- Bend your knees and hips slightly.
- Keep your eye on your opponent and the ball.
- Move sideways, forwards and backwards by shuffling (without crossing) your feet.
- Hold one hand at eye level for shot blocking and the other hand at waist level for pass blocking.

3 Let's get started

- Mark off an area 5 m x 8 m for each group of three to use.
- Designate one player to start as the "player in the middle" who tries to intercept the ball.
- The other two players pass the ball to each other using the bounce pass.
- If the interceptor catches the ball or the ball goes out of bounds, the person who threw the ball is in the middle.
- Switch positions after 10 throws.

