Great Games
Moving skillfully and thinking strategically

KEEP AWAY

Ready

Learn The Skills
• Warm-up by doing some walking type activities then some light stretching.

Practise your passing and catching skills
• Invite a parent, family member or friend to join you or practise using a wall.
• Find a basketball or a medium size ball.

Key Features of the chest pass:
• Keep your eyes on the target.
• Place hands on the sides of the ball.
• Elbows in, ball at chest height.
• Take a step forward as you pass.
• Finish the pass with palms facing out and thumbs down.

Bounce Pass
A bounce pass is the same as the chest pass except you aim the ball to the floor, 2/3 of the distance between you and your partner.

Practise Catching the Ball
• Keep your eyes on the ball.
• Stay on your toes so you can move quickly to get behind the ball.
• Keep your hands up in front of you.
• Cushion the catch by bringing the ball towards your body.
Learn the Game
- Kevin is the player in the middle or the “Interceptor”. He decides on the size of the playing area.
- Monica and Abdul are the “Passers” who throw the ball back and forth trying to keep the ball away from Kevin.
- If Kevin catches the ball or the ball goes out of bounds - the person who threw the ball is now in the middle.
- Switch positions after 10 throws.

Strategic Thinkers: THINK, PLAN, DO!

Defense (Interceptors)
To intercept a pass, is it better to guard the passing or throwing person? Why?

Offense (Passers)
What are some good strategies for getting a pass around an Interceptor?

Discuss with a parent, coach or teacher.

Play “Keep Away” using different equipment. Can you play using:
- A tennis ball
- A soccer ball
- Hockey sticks
- A sock ball
- A badminton birdie
- Balloons

Variations:
- Change the size of the playing area.
- When you have the ball - your feet can’t move.
- Add extra players as both Passers and Interceptors.

Heart Leaders!
Organize a game of keep away at school. Modify the game:
- To include more people.
- To make it cooperative.
- To be played in all four seasons.
Send us your ideas! HeartHealthyKids@hsf.on.ca