



Throwing: Shovel Pass

Equipment:

Foam ball and marking tape.

Set-up:

Mark two lines six paces apart. Set foam ball at one of the marked lines.

Description:

Students will throw foam ball back and forth using correct shovel pass technique. This activity will help develop good rotational movement in the pelvis, torso, and arms. This will also help the student with timing of release.

Instructions:

The student will start by standing side-on to their partner. The technique requires the student to take a side-step towards their partner, then smoothly rotate body towards their partner before releasing the ball with a two handed underarm pass. Every time the student gets the pass successfully to their partner without them having to move, they will score one point.

Scoring:

The student who makes the most successful passes will score a 3. The runner up will score a 4. All other students will score a 5.

