



## Throwing: Overhead Bounce Pass

### Equipment:

3kg medicine ball and marking tape

### Set-up:

Mark two lines separated by eight paces. Have student hold medicine ball at one of the starting lines.

### Description:

The student will throw an overhead pass which will bounce once before reaching their partner. This will develop upper body strength, lower body stability, and improve judgment of distance.

### Instructions:

The student starting with the ball will raise the ball over their head before bouncing the ball into the ground one time before arriving at their partner. Each time the ball arrives at their partner after only one bounce and without them having to move, the student will be rewarded with 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.

