

Keep ball

Set-up – mark out a playing area, whatever shape and size you like, but enough for all of your players to move around in. Split players into two teams with bibs.

Action – there is one ball in the playing area. A player with the ball in their hand cannot move. The aim of the game is for their team to successfully complete 10 catches in a row, without the ball being intercepted or hitting the floor. If the ball hits the floor, regardless of who it touched last, it is a turnover of possession. Team scores a point by completing 10 passes, coach decides how many points wins the game depending upon time available. If player has ball in possession and steps out of playing area then possession turns over.

VARIATIONS

Harder catch – use the same rules as above but make it one-hand catching only, or 'wrong'-hand catching only.

No pass-backs – make the rule that players CAN'T pass back to the person that passed to them.

Roll-ball – as above but the ball has to be rolled along floor to a team member and cleanly picked up to complete a pass.

