

Everyone in the game.

How can our team help everyone contribute?

FIND SPACE

Make yourself a passing option.

SUPPORT

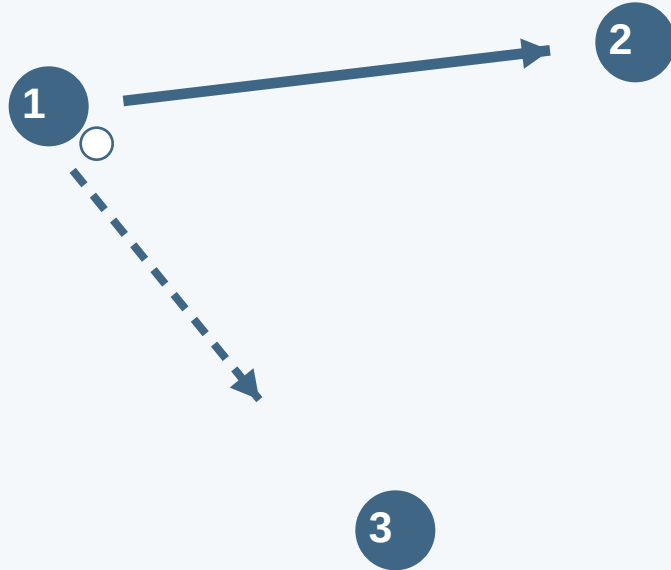
Help a teammate keep the ball.

INCLUDE

Notice who needs an opportunity.

Pass. Move. Show your hands.

Warm up in groups of three with one ball.



After each pass, find a new space.

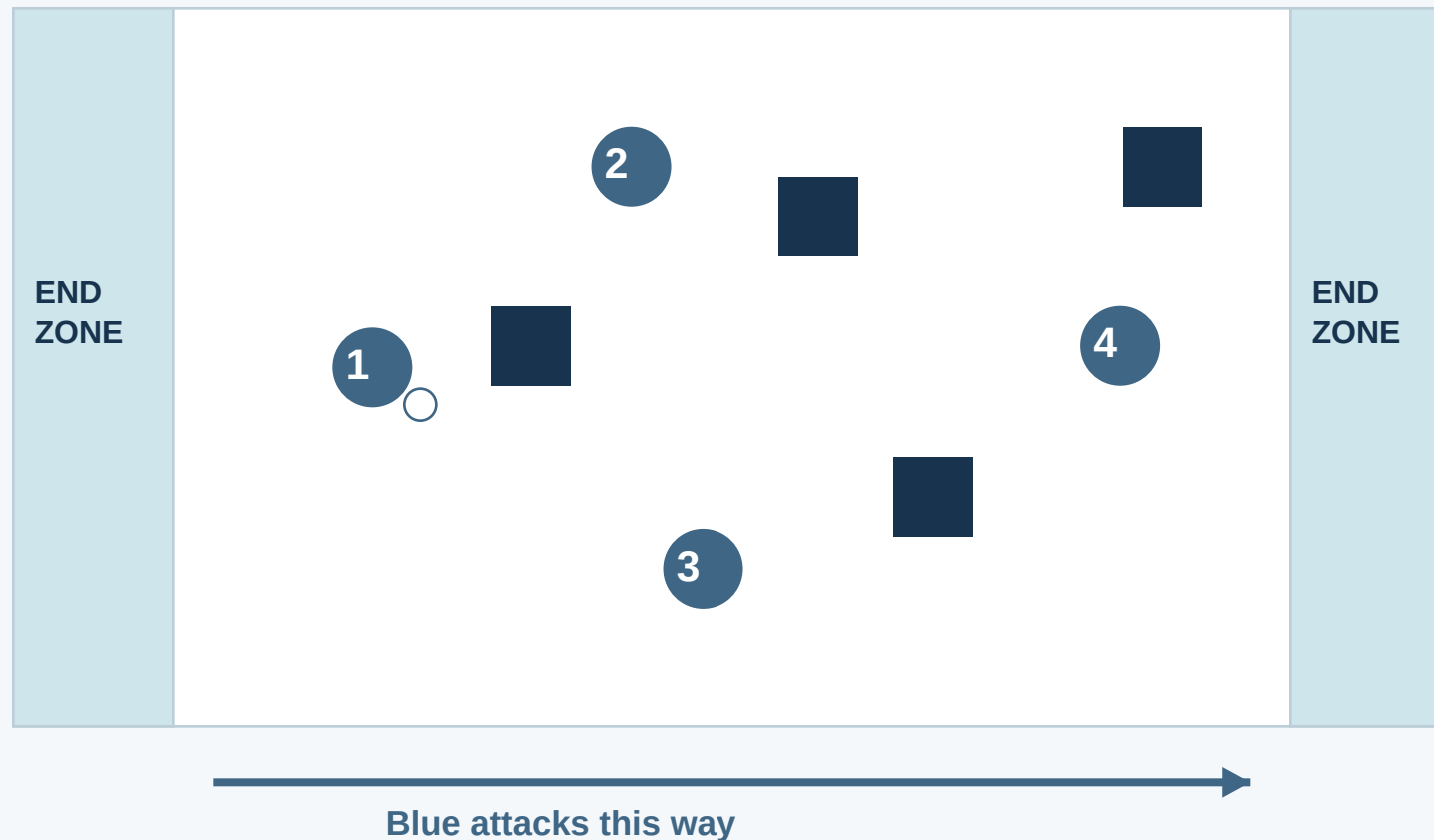
Look before passing.
Give a clear signal.
Send a catchable ball.

Can you keep two passing options open?

Solid arrow = pass Dashed arrow = movement

Meet your court.

Four players per team. One soft ball. Two end zones.



Score with a catch.

Receive a teammate's pass inside your attacking end zone.

Move into the zone to receive. Come back out if the pass does not arrive.

Circles = blue team
Squares = navy team

Play safely. Keep it flowing.

Walk through a score, a turnover and a restart before playing.

1 Stop with the ball

Pivot if needed. Pass within five seconds.

2 Defend the pass

No contact or grabbing. Stay an arm's length away.

3 When possession changes

After a drop, interception or out: the other team plays.

4 After a goal

Other team restarts at its own end-zone line.

Play first. Notice what happens.

Two short rounds. Rotate observers if a team is waiting.

PLAY

Score by catching in the end zone. Use the agreed rules.

NOTICE

Who gets involved?
What helps a player receive a pass?

REMEMBER

One moment when your team created a useful passing option.

Your first game gives you something to compare later.

Who had a way into the game?

Think about one moment.

Where was the space?

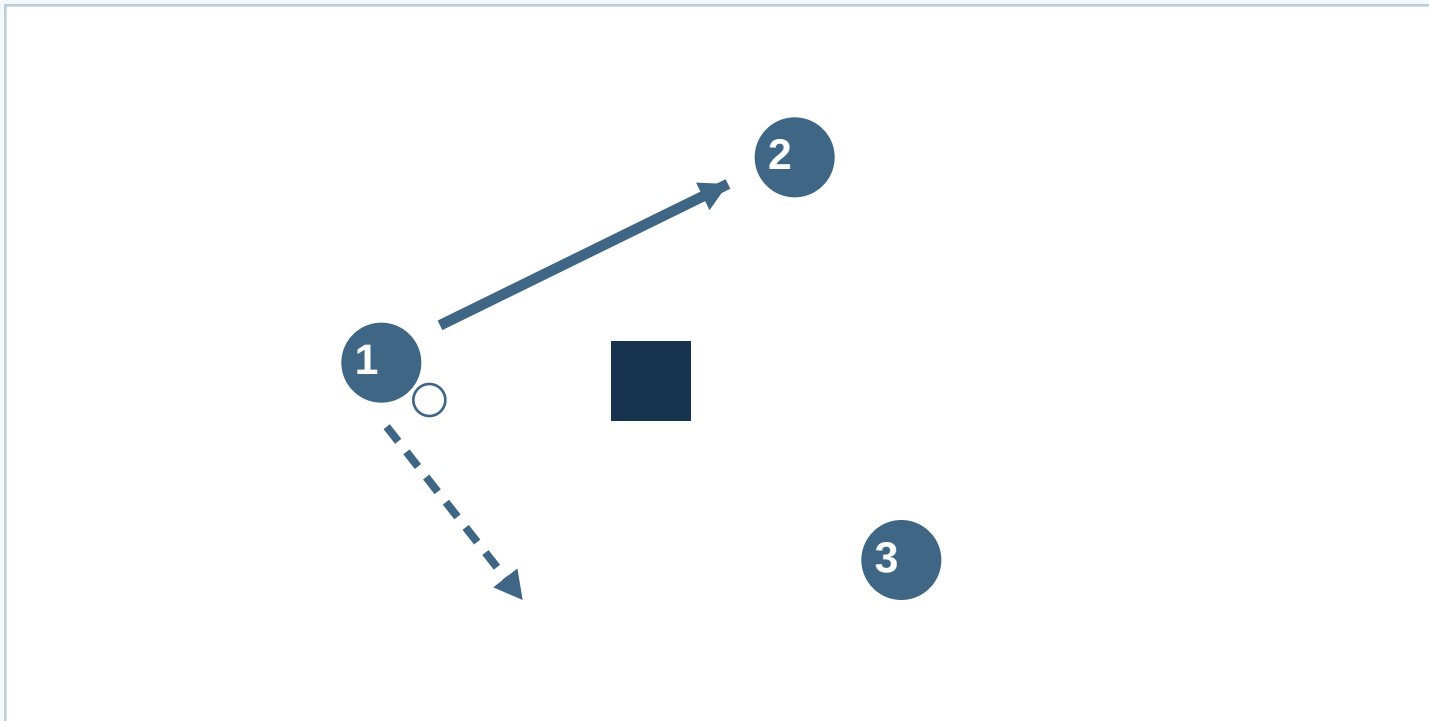
Who could the ball carrier pass to?

Who found it difficult to get involved?

Listen to each teammate. Choose one thing to improve.

Pass, then become an option.

Try 3v1 keep-ball. Change the defender regularly.



SCAN

Look for space and teammates.

PASS + MOVE

Move to a new angle after passing.

Show hands, use a name or make eye contact.

Can everyone help build a score?

Return to 4v4. Test the inclusion challenge.

Before your team scores...

Everyone receives a pass.

Everyone makes a pass.

Complete both, then try to score.
Reset when possession changes.

**Who needs an
opportunity next?**

Help them find space.
Adjust your pass.
Encourage without blaming.

Is the rule helping? Use what you notice to explain your answer.

Notice actions. Share evidence.

Watch one team. Choose one focus. Rotate back into the next round.

INVOLVEMENT

Which teammates receive and make passes?

SPACE + SUPPORT

Who moves to give the ball carrier an option?

TEAMWORK

What helpful signals or encouragement do you notice?

“I noticed... For example... Next round, you could try...”

What will your teammates see?

Show these through your decisions, words and movement.

Principled

We follow our rules and make honest decisions about touches and the boundary.

Communicators

We signal clearly, listen and share one useful team idea.

Caring

We encourage each other and help everyone contribute.

Choose one action to carry into your next game.

One change. Another chance.

Use the feedback. Agree your plan before you restart.

01

CHOOSE

“We will move after passing.”

02

TEST

Try your plan for a short round.

03

COMPARE

Did it create more opportunities for everyone?

Keep the rules, space and round length the same when comparing.

What changed—and how do you know?

I helped our team by...

One example I noticed was...

Our change helped / did not help because...

Next time, we will...