



GET ACTIVE



15 MINUTES



IN THE CUPBOARD

QUICK PASS



▶▶ GETTING INTO THE ACTIVITY

You'll need quick and accurate passing skills to succeed at this game. How many passes can you complete before the human timer calls time?

Form a circle around the edge of the room. Place 3 cones in the middle of the circle in a triangle. Split the group into teams of 3. Ask one team to come into the middle of the circle and each stand on one of the cones.

On go, the team in the middle must pass the football between each other. Each successful pass gets a point. During this the rest of the group are the human timer. One at a time, they must complete 10 star jumps. Only once the first person has completed their jumps, can the next person start theirs. This continues around the circle. Once the last person has completed their jumps, time is up. The number of passes completed in the middle is that team's score. A new team should now attempt to beat that score. Who can achieve the highest score?

Take it Further: Instead of star jumps complete spins, press-ups, skipping etc. Alternatively, each person could run around the room or complete an obstacle course as the timer instead.



WHAT YOU'LL NEED

- Football
- Cones



KEEPING EVERYONE SAFE

Maintain social distancing where required. Please use an appropriate ball for the meeting space you are using.