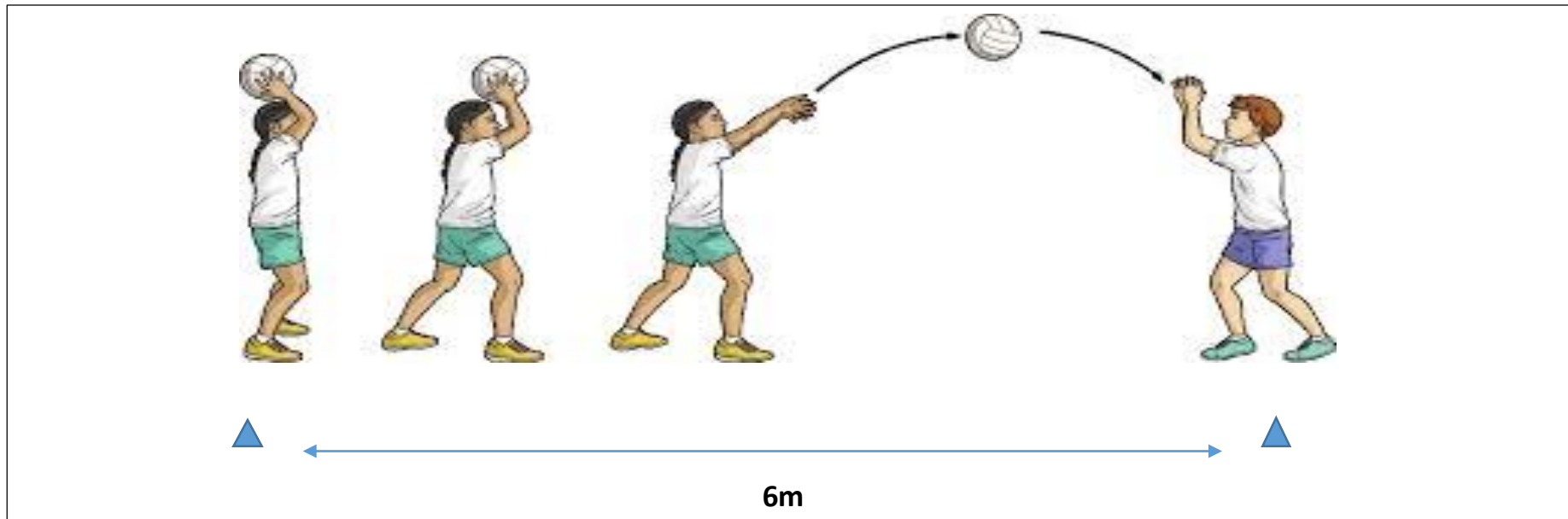




Long Pass Challenge



What to do:-

- Mark 2 cones 6m apart
- Players pass the ball overhead between each other
- Count the number of passes in 30 secs
- Both players are credited with the total number of passes

Equipment:

- 1 size 4 netball
- 2 cones
- 1 stopwatch