



EduTrend Contents

W4C · TEAM SPORTS · PRIMARY

Pass and Move

Keep the ball by passing and finding space

Ages 7–10

Level: Foundation

60 minutes

Groups of 4–6 · up to 30

Activity 01

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 01 · AT A GLANCE

Pass and Move

Pupils practise passing with hands and feet, learn the idea of pass and move, and discover why standing still makes it easy for defenders. They play keep-ball games in small teams, counting passes, and reflect on how moving into space helps the team.

Learning outcomes

By the end of the session pupils can:

- pass accurately to a partner;
- move into space after passing;
- call for the ball and communicate;
- explain why space matters in team games.

KEY WORDS

pass · receive · space · move · support · teammate · defender · keep-ball

CURRICULUM LINKS

PE: games skills and invasion games. Maths: counting and space. PSHE: teamwork.

1**WARM UP**

Raise, mobilise, prepare

2**LEARN**

Skill or idea

3**PRACTISE**

Drills and small games

4**PLAY**

Apply in a game

5**REFLECT**

What worked?

6**COOL DOWN**

Recover and review

Equipment

- Soft balls or footballs (1 per pair)
- Cones to mark grids about 10 by 10 metres
- Coloured bibs
- Worksheets 1, 2 and 3

Before the session

- Mark out grids with cones.
- Check the surface for hazards.
- Prepare bibs for teams.
- Plan a warm-up game.

SAFETY

Check the space and surface. Warm up first. Use soft balls with younger pupils. No tackling in keep-ball.

ACTIVITY 01 · SESSION PLAN

Step by step

Freeze the game and ask “Who can you pass to?” to show how movement opens passing lines.

Time	What happens	Say or ask
0–10 min Warm-up	Tag game and dynamic stretches.	<i>“How does your body feel now?”</i>
10–20 min Passing	Pairs pass with hands then feet, focusing on accuracy.	<i>“Where should you aim?”</i>
20–30 min Pass and move	Pass then run to a new cone.	<i>“Why move after passing?”</i>
30–50 min Keep-ball	3 v 1 then 4 v 2 keep-ball in grids; count passes.	<i>“Where is the space?”</i>
50–60 min Cool down	Walk, stretch and discuss.	<i>“What helped your team keep the ball?”</i>

CHALLENGE CARD (print or copy onto the board)

In a 4 v 2 keep-ball game, make five passes in a row by passing accurately and moving into space.

ACTIVITY 01 · FACILITATOR NOTES

The sport science in brief

In team games, space is the area where no defender is close. A player in space has time to receive and pass. Moving after passing creates new angles, so teammates always have someone to pass to.

Games like football, basketball, netball and hockey are invasion games, where teams try to move into the opponents' half to score. Keeping possession by passing is a key principle of attack. A good pass is accurate, well-weighted and aimed where the receiver is going.

Common ideas to listen for

- “The best player should keep the ball.” Passing moves the ball faster than dribbling.
- “Stand still to receive.” Moving into space makes you easier to find.
- “Everyone should chase the ball.” Spreading out creates passing options.

Adapting the activity

Support

Play 3 v 0 first, then add one passive defender.

Stretch

Limit players to two touches and add a target gate to score.

WORKSHEET 1

Passing check

Name: _____

Class: _____ Date: _____

Record your passes.

Passes

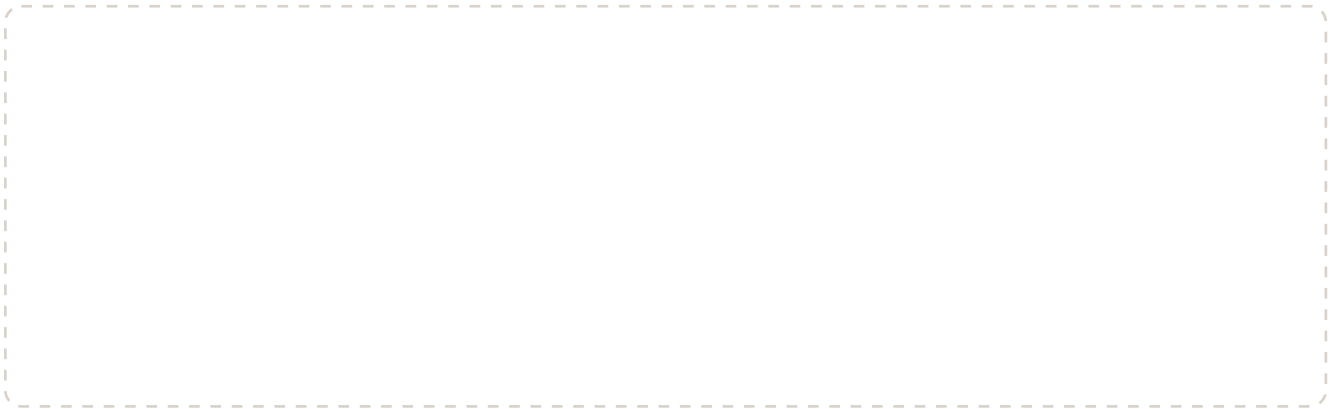
Type of pass	Out of 10 accurate	Tip
Chest pass		
Bounce pass		
Side-foot pass		

WORKSHEET 2

Find the space

Draw the game.

Diagram



Draw a grid with attackers (O) and defenders (X). Show where the space is.

WORKSHEET 3

Team talk

Reflect on the game.

Our best run of passes

What helped us keep the ball

Next time we will...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Passes accurately	Moves into space	Explains why space matters

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Pass and Move is a sample activity from the EduTrend Contents W4C Team Sports programme (primary, level: foundation). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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