Players run to a point, return and on the way back pick up a ball and throw it underarm to the team-mate next in line. This pattern continues. (Play with 4 or more.)

What to do

**SETTING UP**
- Mark a starting line and a midway line, and place a distant marker to run around (turning point).
- Form teams of 4–6 players.
- Place the ball on the midway line.

**PLAYING**
- Player 2 runs to the midway line, deposits the ball and continues to the turning point, then runs back, picks up the ball and throws it underarm to player 3.
- Continue until player 1 is again at the head of the line.

**Game rules**
- Do a turning point activity – e.g. the runner has to move between 2 markers with a novelty activity, e.g. seal drag.
- Vary the pass, e.g. chest pass, roll the ball.

**Playing area**
- Vary distance to midway line and turning point.

**Safety**
- Choose a ball and distance to suit the ability of the players.
- The pass should be chosen to match the ability of the players, e.g. a chest pass is likely to have more force than an underarm pass.

**Change it**
- Instead of placing the ball on the midway line, a player with limited mobility or ball-throwing ability is situated at the midway line and an appropriate pass or handover is made.

LESSON LINK

*Underarm return relay* is a passing and catching activity that requires agility and the ability to pass accurately while running. Use *Change it* variations for different ability groups.