

Participants make different passes to each other, spelling the word CHAMPS.



Instructions

- Break participants into pairs.
- Partners stand three to five meters apart.
- Partners throw and catch an object/ball to one another.
- After each successful throw/catch, the partner team gets a letter (*C, H, A, M, P, S*).
- Encourage participants to try different kinds of throws (e.g., two handed, chest pass, overhand, and underhand).