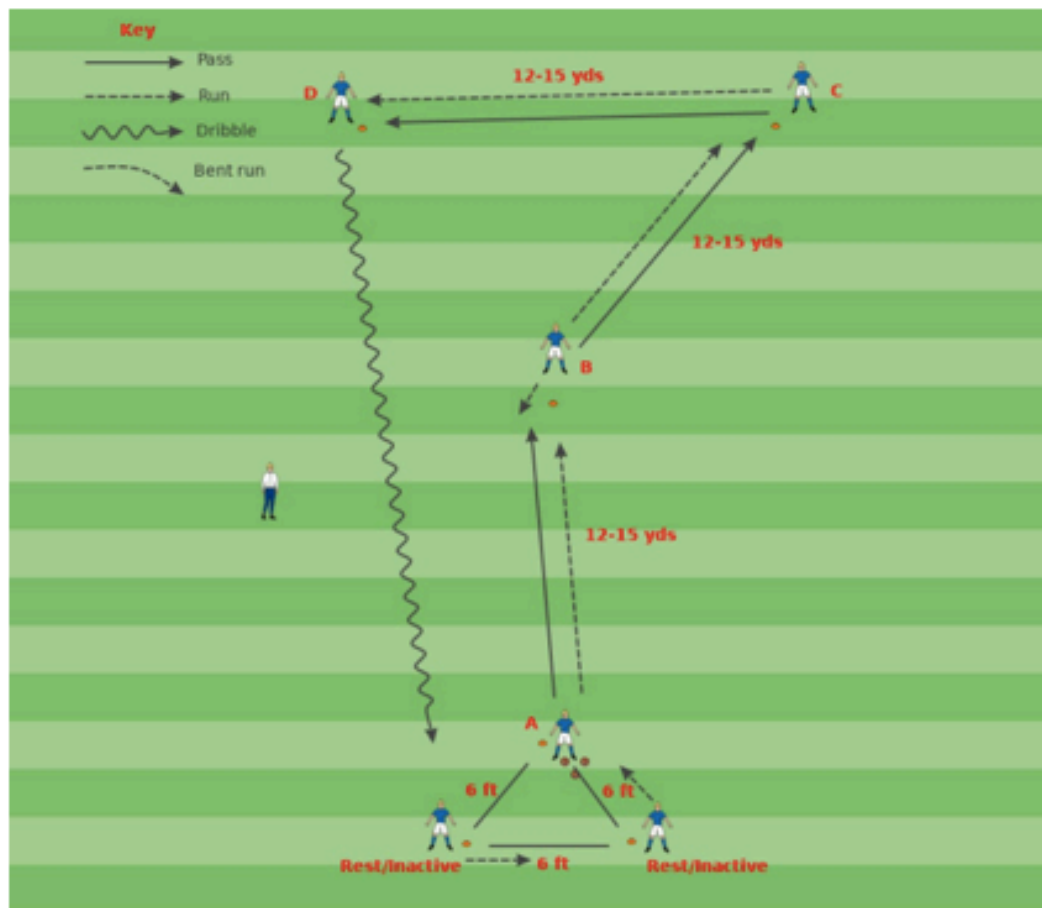


Passing and Receiving 3



Passing and Receiving: 'Y' Pattern

Set Up

- *Group of 5-7 players, balls, cones
- *Players are set up in a 'Y' with 12-15 yards between each cone.
- *Another cone(s) is laid 6ft minimum behind the active player A at the base of the 'Y'. If you have more players you will add another cone behind/next to socially distance.

How It Works (2:1 Work/Rest)

- *A passes to B, B to C, C to D, D dribbles at speed to replace 'rest/active' player
- *Player B initiates the pass from A. by running/checking down to receive the ball. Upon receiving the ball, B turns and play up to C. C receives the pass from B and passes to D. D then dribbles the length of the space to the 'rest/inactive' area. All players follow their pass/dribble.

Player Actions

- *Pass
- *Create Passing Options
- *Dribble

Guided Questions

- *What words can A use to help B? Why?
- *Should C play the ball to D feet or to space in from of them? Why?

Additions/Variations/Progressions

- *Flip the direction. Instead of B playing up and their their left, they play up and to their right.
- *Can receive the ball with different surfaces of the foot, utilize different turns.
- *Aerial ball can be played into B
- *A skill or move can be used by D during their dribble