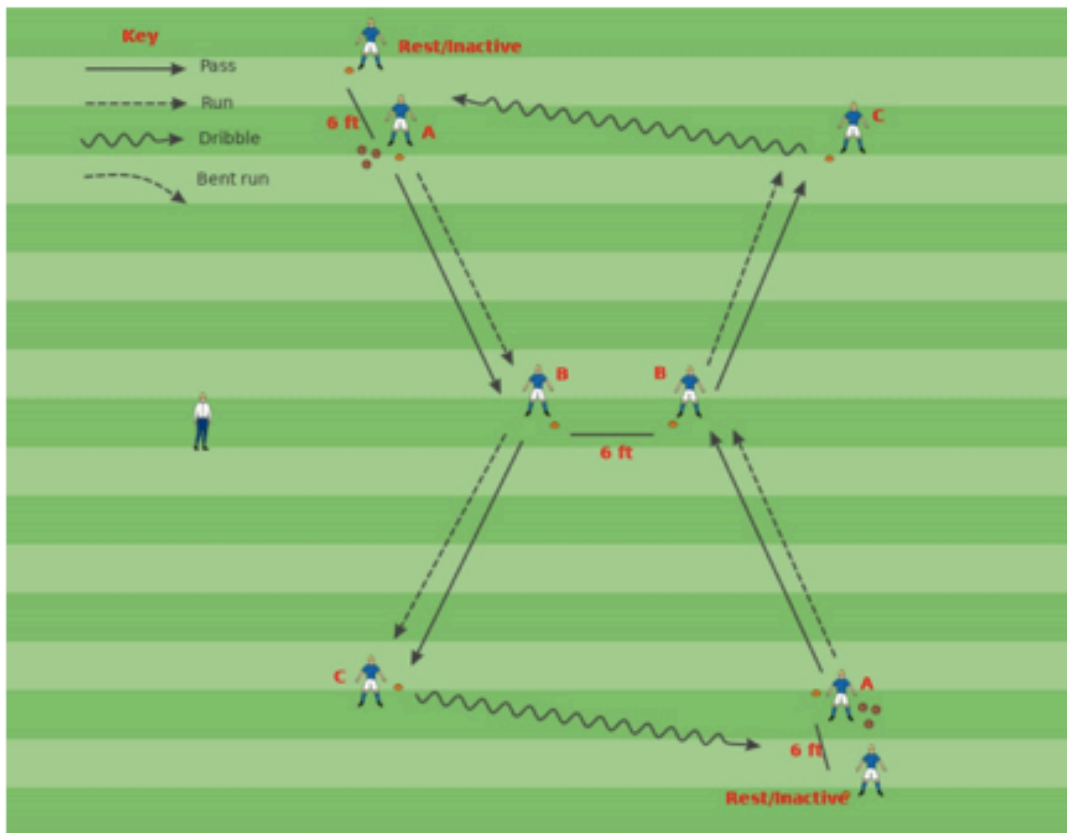


Passing and Receiving 5



Passing and Receiving: 'Bowtie' Pattern

Set Up

- *Group of 8-10 players, balls, cones
- *Players are set up in a 'Bowtie' shape with 12-15 yards between each cone. Where player B is should be 6-10 feet apart at a minimum
- *If working with 8 players, two players need to be adjacent from the opposite side in order for the rotation of two balls to work.

How It Works (2:1 Work/Rest)

- *A passes to B, B to C, C dribbles with speed to the rest/inactive areas and lays ball off to player waiting.
- *A replaces B, B replaces C...and so on.
- *After B (Drops) the ball to A, B bends their run towards C.

Player Actions

- *Pass
- *Create Passing Options
- *Dribble

Guided Questions

Why is it important to have your pass be firm and on the ground?
 Could A, B, and C receive the ball running? Can you show me how that would look?

Additions/Variations/Progressions

- *B can use different surfaces of their foot to receive the ball with
- *A and B can perform an 'Up' 'Drop' 'Through' to C
- *C can utilize a dribble skill or move