

Passing and Receiving 6



Passing and Receiving:

Set Up

- *2 players per grid, balls, cones
- *Two players a set up single file at the Start, A, with 6 ft between A and B
- *In front of A, 10 yards away is a box that is 12 yd by 12 yd
- *2 spaces are depicted in the image, and are the same pattern, A simple checks to the right in the depiction on the left and checks to the left in the depiction on the right.

How It Works (4:1 Work/Rest)

- *A dribbles from the start to the first set of two cones of the box.
- *Once there, A turns (the type of turn can be determined by the coach)
- *A passes back to B at the start
- *After passing, A checks out wide to the cone (either right or left).
- *B passes to A2, A2 receives the ball and dribbles diagonally up to the opposite side cone.
- *Once there, A2 turns and passes back to the start where B is waiting
- *The sequence begins again.

Player Actions

- *Pass
- *Create Passing Options
- *Dribble

Guided Questions

How should A1-A2 face after they turn and begin to check out wide? Why?

Additions/Variations/Progressions

- *There are a number of different variations with what A can do (type of turn, utilizing a skill when dribbling)