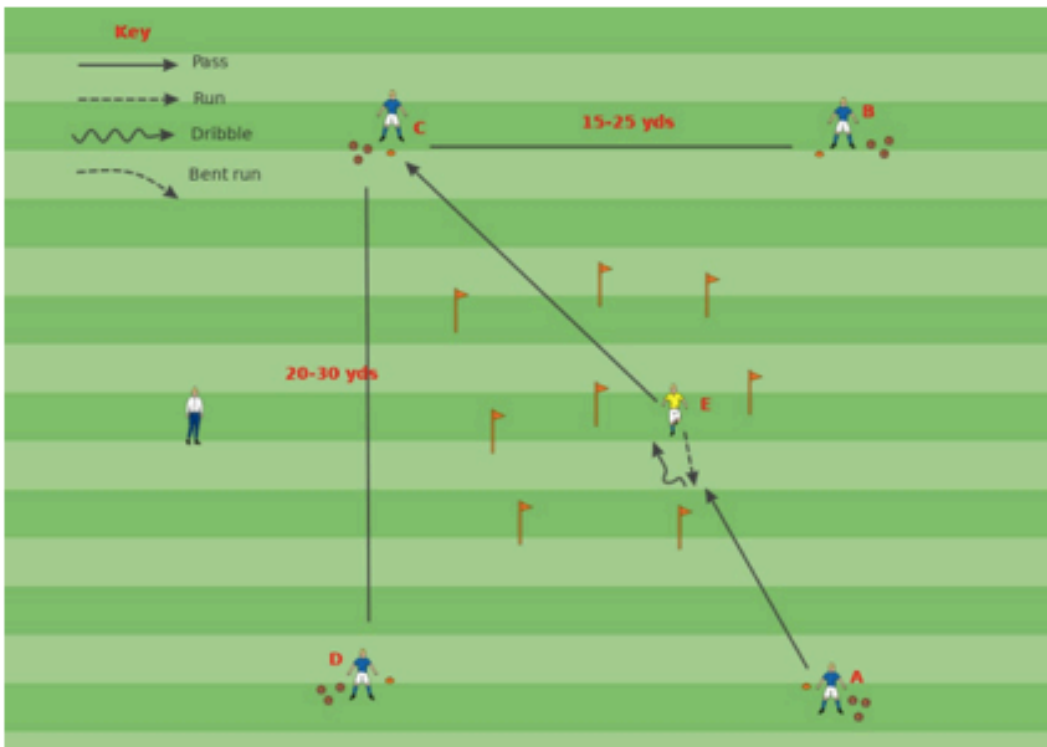


Passing and Receiving 7



Passing and Receiving: Playing Through Lines

Set Up

*Group of 3-7 players, balls, cones, flags

*If using 5 players, 4 are set up in a rectangle around a set of flags that a placed in the middle, as traffic.

One player (yellow E), works for 60 seconds competing to see how many passes they can complete through a 'line'. I.e., the defensive line of the opponent, the flags in this case

How It Works

*Coach starts by saying a player name, letter, number (your choice). E sprints to receive the ball off a pass from whatever is said by coach.

*In this example 'A' is called, 'A' passes to 'E'

*A tells E where to go next, their choice. In this example A says C.

*E can take as many touches as they like pass to C, through the traffic of the flags. The fewer the touches the quicker.

*After each completed pass, coach yells another names, letter, number (your choice) and the activity continues for 60 seconds of work for E.

*Everyone gets a chance to get the best score. Highest number of passes

Player Actions

*Pass

*Create Passing Options

*Dribble

Guided Questions

Why is it important to look around prior to receiving the ball?

When should you provide communication if you are a player on the outside playing a ball to inside?