Passing and Receiving 8

Passing and Receiving: Creating Openings (Advanced)

Set Up

*Group of 5-7 players, balls, cones, flags, zone
*If using 5 players, 4 are set up on one end (A and C are active), E and D are rest/inactive
*The triangle between A,B, and C is equidistant and 12 – 15 yards on each side
*The top of the triangle is designated with a flag

How It Works

*B check down from the flag to receive a pass from A, A takes B's position at the flag
*B receives the ball and turns, passing the ball to C
*C plays a through ball to B, who has bent their run to allow for an opening in front of them.
*B dribbles the through ball into the white zone and performs a turn
*After C has played the through ball, they follow B and receive a pass from B after they complete their turn in the white zone.
*B runs down to take D's spot 'rest/inactive'
*C dribbles down to E's sport 'rest/inactive'
*E replaces A and C replaced D, the next ball comes in and we repeat.

Player Actions

*Pass
*Create Passing Options
*Dribble

Guided Questions

Why is it important to looks around prior to receiving the ball?
When should you provide communication if you are a player on the outside playing a ball to inside?