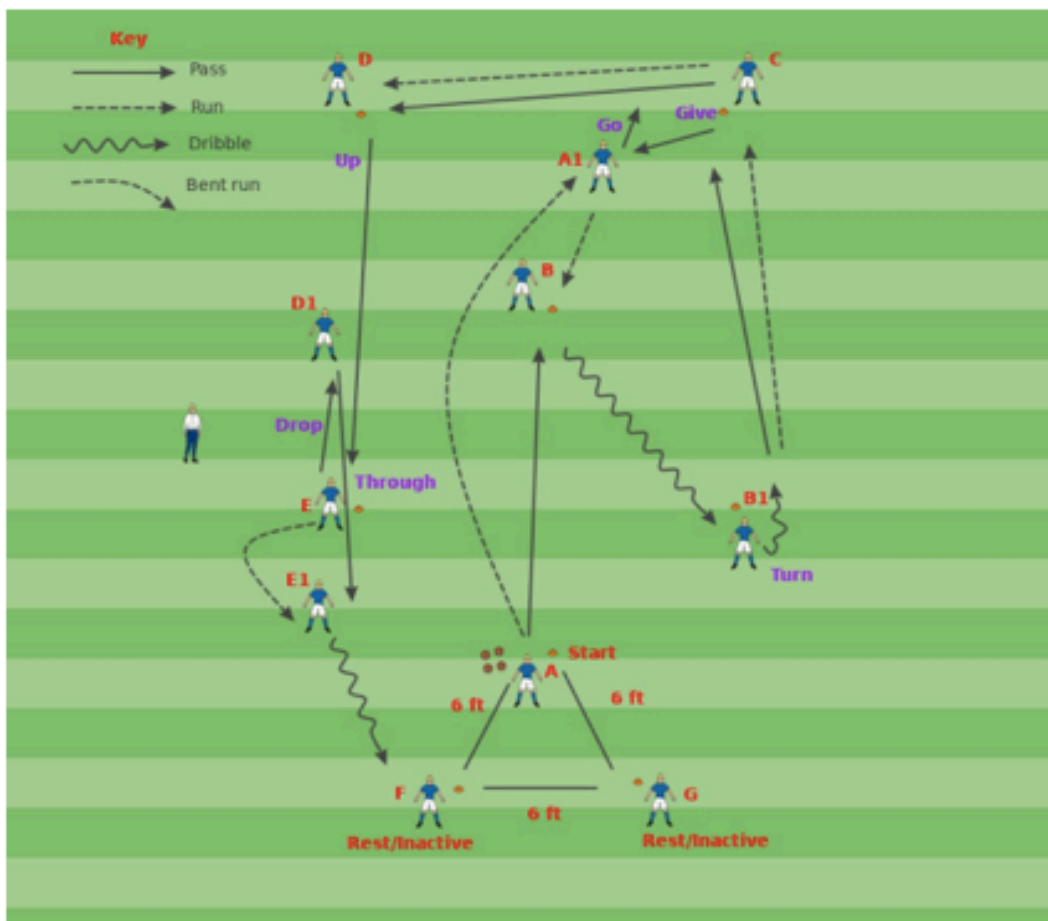


Passing and Receiving 9



Passing and Receiving: Combinations and Turns

Set Up

- *Group of 7-9 players, balls, cones.
- *A through E are live each sequence, F and G are resting/inactive
- *Length from A to B – 15 yds
- *Length from B to turn for B1 is 10 yds
- *Length from B1 to C is 15 yds
- *Length from C to D is 10-15 yds
- *One ball used for each sequence, can start another ball midway through is timing works

How It Works

- *B check down from the flag to receive a pass from A, B dribbles at an angle (B1), and turns up towards C, passes the ball and replaces C.
- *After A passes to B, A bends their run to C and does a give and go with C (the ball used is the pass C received from B1)
- *A takes B spot
- *C passes to D
- *D and E perform an Up, Drop, Through.
- *D replaces E, E replaces F, F replaces G, G replaces A

Player Actions

- *Pass
- *Create Passing Options
- *Dribble

Guided Questions

Why is it important for E to bend their run after the 'Drop'?