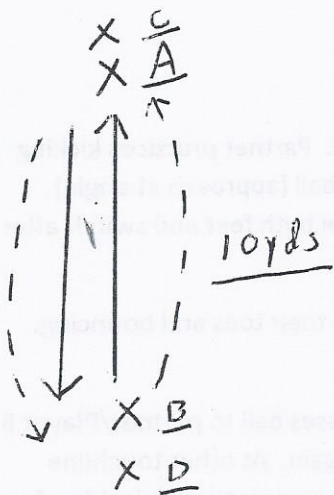


Passing/Receiving Drills

①



B passes ball to A.

B follows ball.

A receives with one touch and passes back to D.

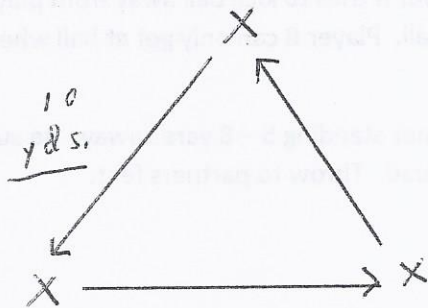
A follows pass.

D, next in line, passes to C.

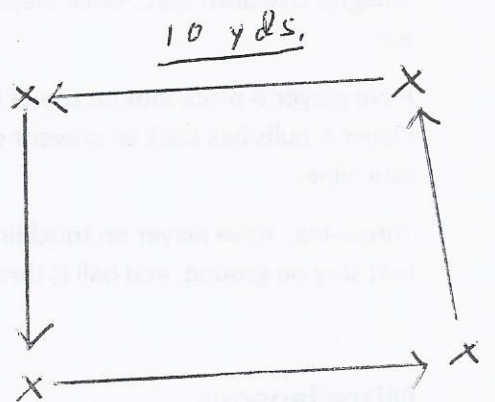
Repeat process.

Can use 6 or 5 in drill if necessary.

②



or



Ball passed between 3 or 4 players. Use inside of foot. 2-touch receiving. Hips open, on toes when rec. ball, touch should be in direction of where ball is to be played.

③

Set 2 20 x 20 grid. Split team in half. Have them pass + move. Use 2 balls per group. If group becomes proficient turn game into 4 v. 1, or 3 v. 1 keep-away.