

Pass, Pass, Pass

Objective – Passing familiarity

GameProgression

1. First pass to opposing player to get the game started – thereafter it is just close quarter passing
2. Opposite player passes back to runner
3. Runner pass across to opposite player
4. Opposing player passes to end player and game restarts

1. Restrict balls
2. # of times in timescale
3. Speed
4. Move cones closer/further apart

