

# Passing and receiving – 2 ball 4s

**Objective** – Ball handling

**GameFocusResetProgression**

**4 players 2 with balls**

1. Ball carrier passes to single player
2. On receipt single player passes to player WITHOUT the ball
3. Next ball carrier passes to single player
4. On receipt single player passes to player WITHOUT the ball (on this occasion back to player 1

1. MOVE feet to receive and pass
2. Wide based receive
3. Soft hands
4. Speed of reaction
5. “Awareness” – who does not have the ball

1. Start again

1. Faster harder passes
2. Add extra skills – bouncy pass
3. How many passes in time frame

