

Passing and receiving rack

Objective – Ball handling

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ng>Progression

1. Separate squad into 2's
2. each player faces each other
3. In between are 2 cones
4. Players have to pass the ball to each other through the cones

Do 1 minute games and the most passes group moves up

This generates a winning team

1. MOVE feet to receive and pass
2. Wide based receive



3. Slap pass at pace



4. Accurate passes

5. Keep on the ground

1. Every minute start the game again

1. Reduce the gap between the cones

2. Vary distance between players

3. Different type of passing (push vs slap)

