

# Passing and receiving – Ts

**Objective** – Ball handling

**Game**  
**Focus**  
**Reset**  
**Progression**

**4 players and 1 ball**

1. Left player passes to central player
2. Central passes to outside player
3. Outside passes back to central player
4. Central passes to right player
5. Right player receives and rolls to pass to left player
6. Sequence is restarted

1. MOVE feet to receive and pass
2. Wide based receive
3. Soft hands
4. Speed of reaction

1. Start again

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

