

Receiving shuttles

Objective – Wide base receive and roll out

Setup

1. 2 groups of players max 3 in each group
2. 2 cones 1 m apart

Game

1. One team passes to other team THROUGH the cones
2. BUT receiver has to run through the cones and receive ball before the cones
3. Recipient then rolls out to the right and passes back to his original team who they return to

Progression

1. Roll to the left
2. Receive before the cones and continue THEN roll out



