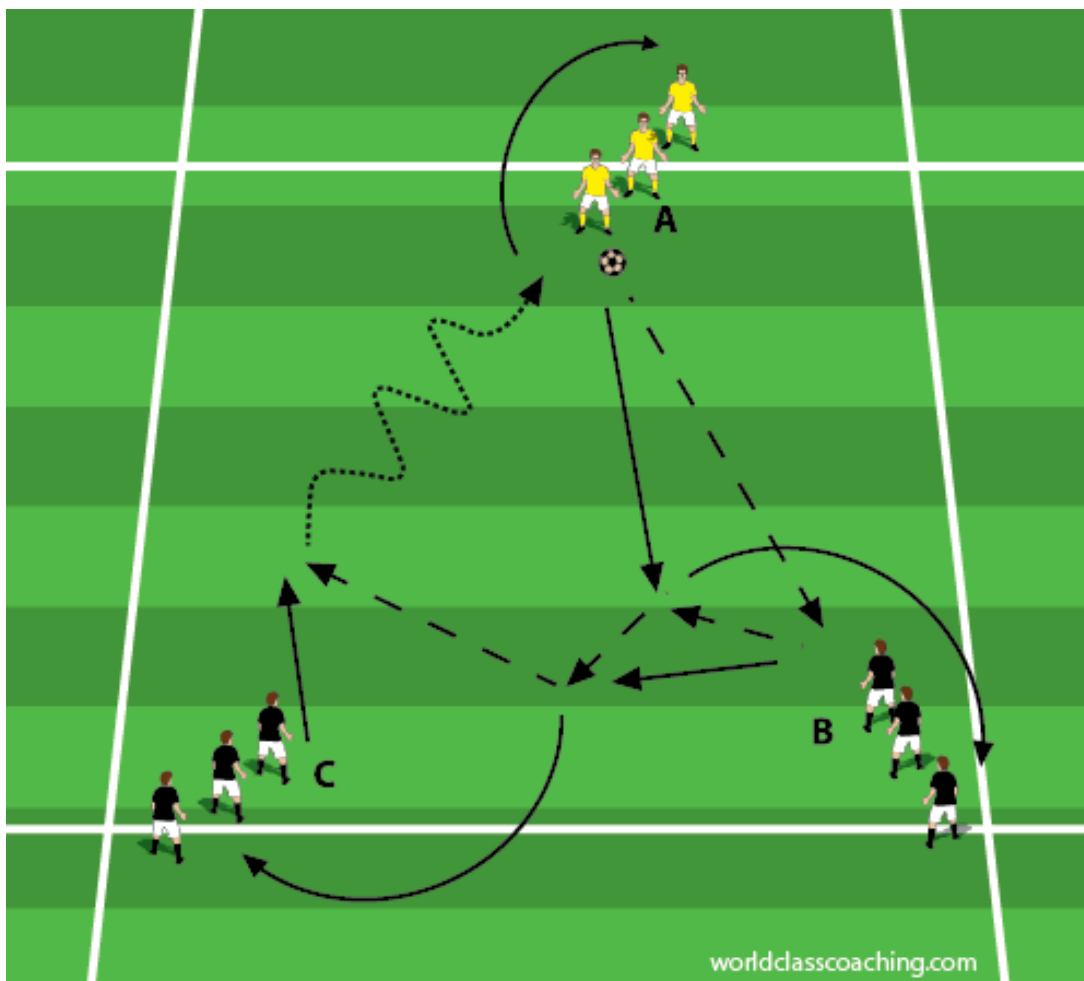


Passing & Receiving #4 (Older Players 15 Minutes)

The first player in Group A makes a firm pass to the first player in Group B. B returns the pass and moves to receive the 'give-and-go' before passing into space for the first player for Group C. Following each pass, the player moves on to join the next group. The exercise goes both ways, so after a while the coach directs the players to reverse the situation



Progression

Same sequence as before , but now an extra 'give-and-go' situation is included.

