

### Passing Activity 1-

Field is a 15x15 yard area, with all players in groups of 2.

- 1) Have 2 or 3 players designated as passers. All other players are in pairs, and are holding hands.
- 2) The passers try to hit either of the partners holding hands. Must hit them below the waist.
- 3) Partners must always hold hands or they are out. If either partner gets hit by a passer, they are out.
- 4) The last group alive wins, and they become the new passers.

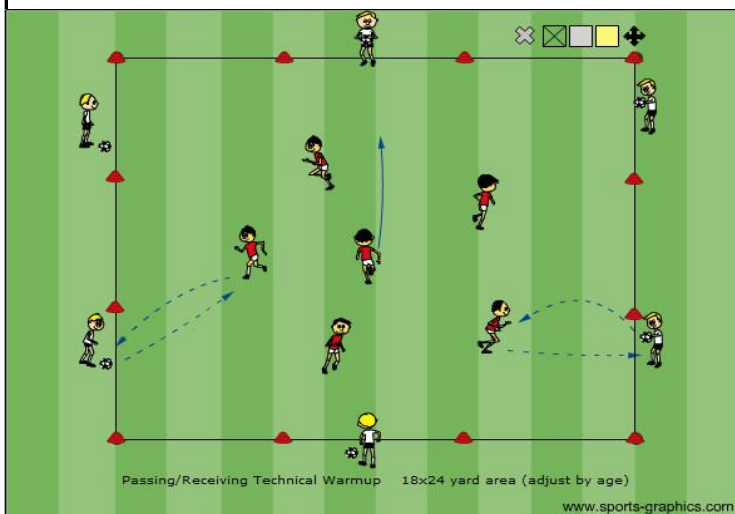
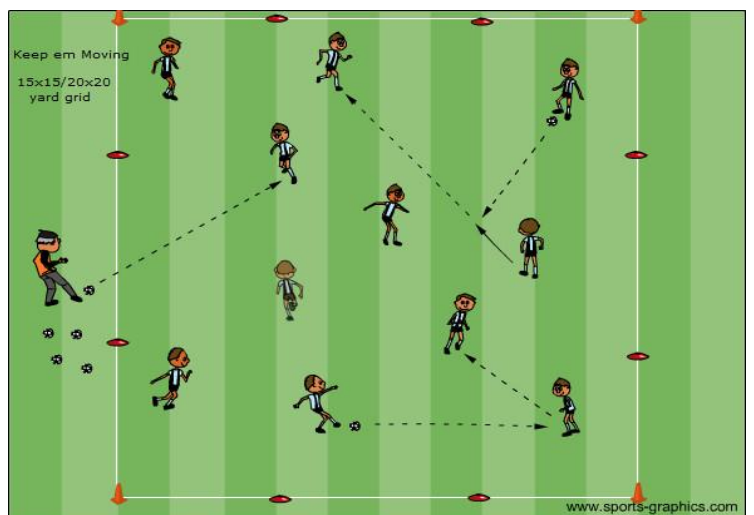
### Passing Activity 2-

Field is 20x20 yard area, with all players spread out evenly in the area.

- 1) The coach starts play by passing a ball into the field, and the players must keep the ball moving. Players are limited to 2 touches.
- 2) After 10 seconds, the coach plays another ball in, and every 10 seconds after that, another ball gets played in, until one of the balls either stops, or goes out of play.
- 3) Then the coach starts over with one ball. How many balls can the team keep moving at one time?

CP-

- COMMUNICATION!!!
- First touch, out of feet to keep the ball moving.
- Vision, finding open players



### Passing Activity 3-

Field is 18x24 yards. Split team into 2 even teams.

- 1) One group is spread out around the outside of the grid.
- 2) Other group is in the middle of the grid.

- #1) Players in the middle check to the ball and one touch pass back to same player.
  - #2) Middle Players check to the ball, receive and turn with the ball, then find an open outside player to play to.
  - #3) Inside players start with ball. They find outside players to perform a give and go with.
  - #4) Outside players serve the ball in the air to inside players feet to one touch back, progress to thigh, then chest, then head.
- ...Many variations can be done with this depending on what you want to get out of your players for that practice.