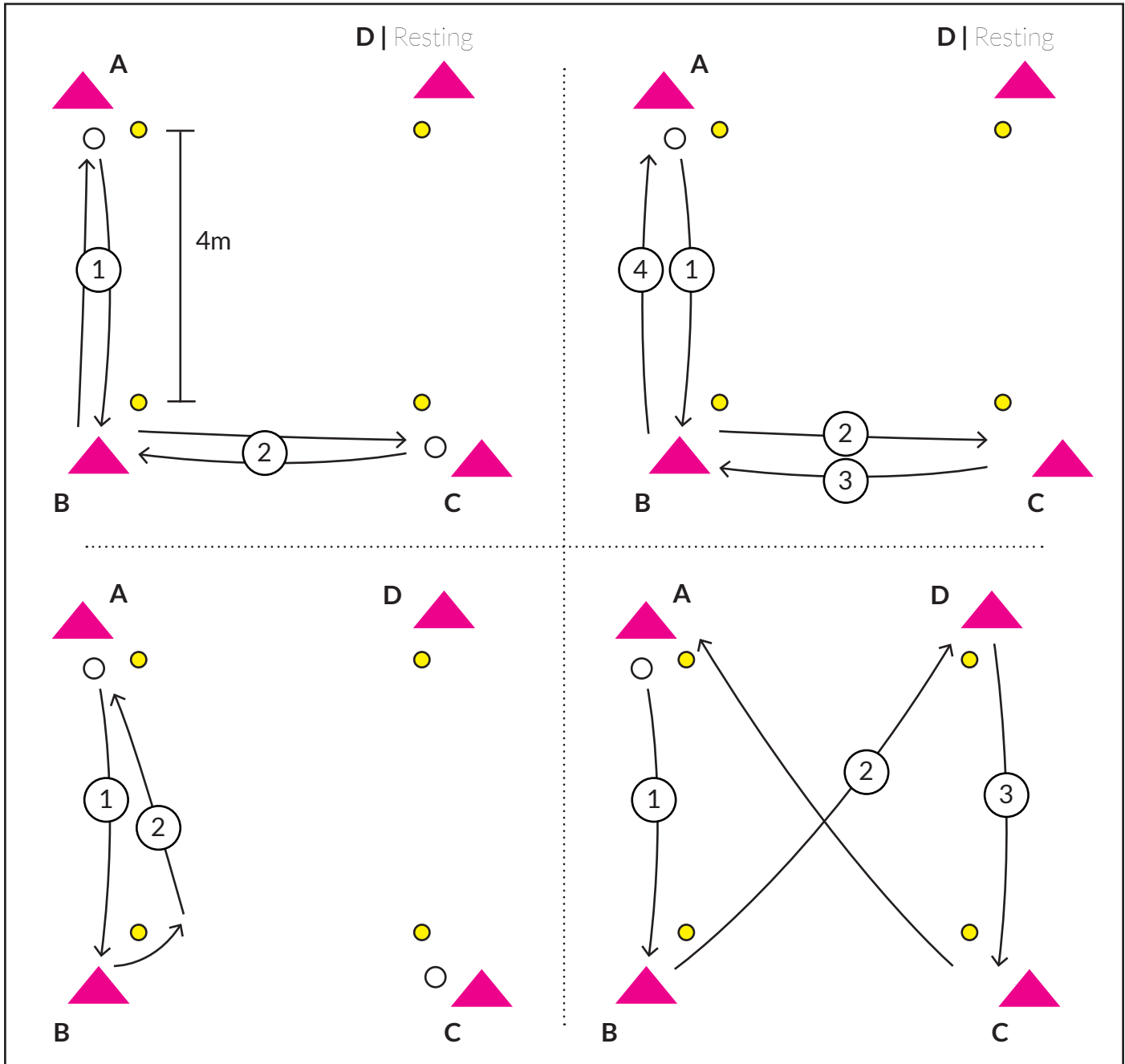


Punch Pass



Drills - 5 passes to each player, then rotate positions

- + 1-2 Pass (Player A to B, B returns one-touch, C plays to B, B returns one-touch)
- + Back foot receive and pass (A to B, B touch and pass to C, C to B, B touch and pass to A)
- + Touch to other side (A to B, one touch past cone, back to A, C plays to B and repeats)
- + Round the square (A to B, B to D, D to C, C to A | 10 circuits, then reverse)

Coaching Points

- + Pass with pace, minimal touches
- + Scan and check away from pole to receive