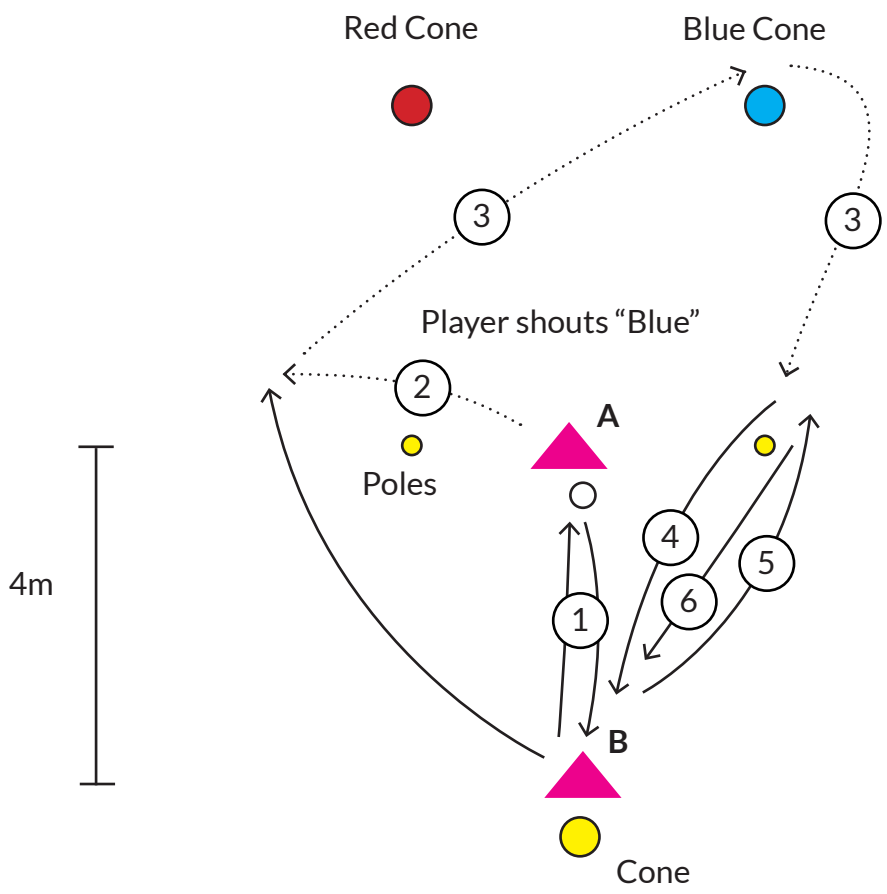
Punch Pass



Drills

+ ① Bounce Passes (A to B as one touch)
+ B shouts a colour (One of the back cones)
+ ② A moves to the opposite side (Receive on back foot)
+ ③ A dribbles round that colour cone
+ ④ B passes to A
+ ⑤ ⑥ A plays a bounce pass outside of the pole
+ ① Bounce Passes resume

Continue for 2 minutes, then switch positions | Repeat until moving to next station

Coaching Points

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