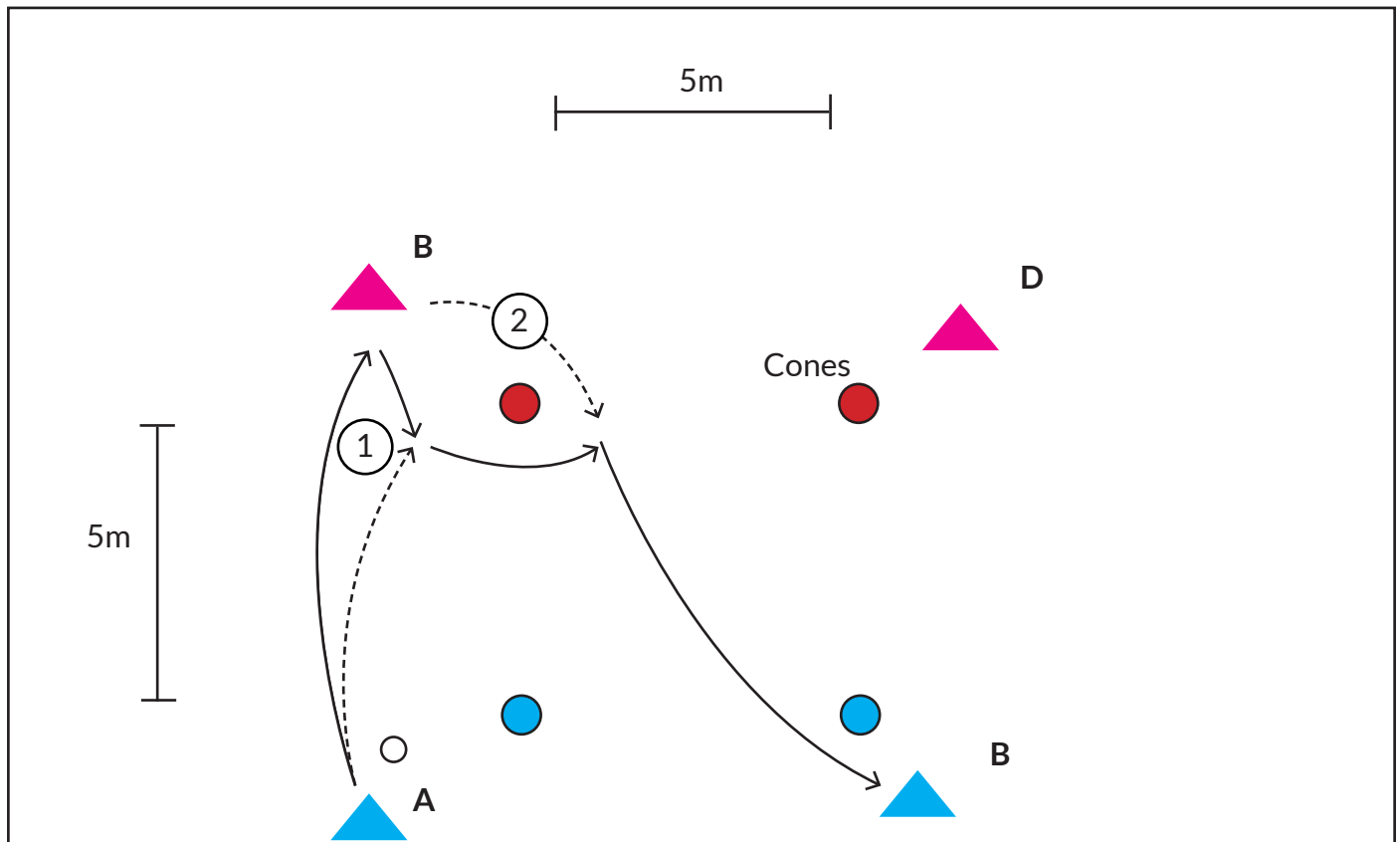


Pass and move Square



Drill

- + A plays to B, B plays a bounce pass with A
- + A sets for B and then runs to the cone that B was on
- + B decides which available player to pass to and the movement continues the same way
- + (P₁) Play a bounce pass, then turn and find a new player with a pass, sprint to that cone
- + (P₂) Play to two players and the third player then takes over (communicate)

Coaching Points

- + Explode in the sprints, recover when resting
- + Adjust your body to receive using small movements on the balls of your feet
- + Pay attention at all times, be aware of when you are taking over