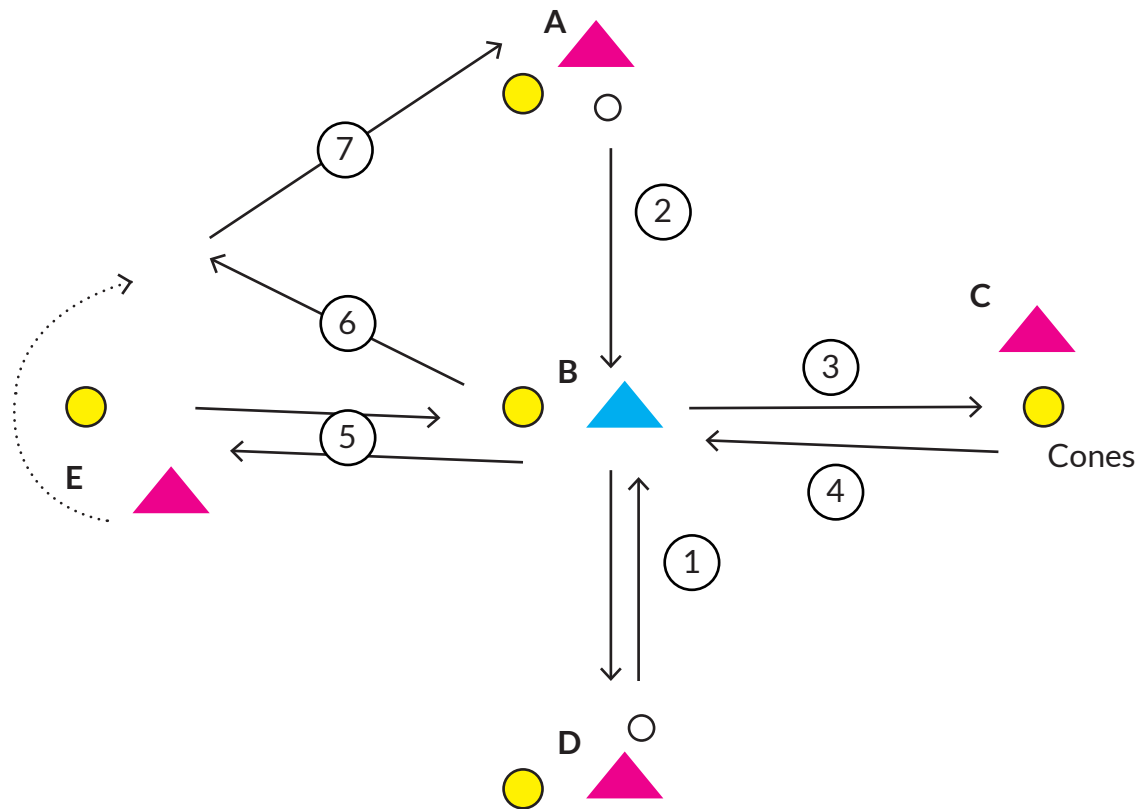


# Star passing



## Drill

- + ① Bounce-pass between D and B
  - + ② A plays to B
  - + ③ B opens out and plays to C
  - + ④ C plays to B, B has stepped away from the cone to open out
  - + ⑤ Bounce-pass between B and E
  - + ⑥ B steps E, who runs round his cone
  - + ⑦ E plays to A and the cycle starts again
- + ROTATE 3 TIMES BEFORE SWITCHING
- + Bounce passes between other players

## Coaching Points

- + Play the ball with pace so that the receiver can use that momentum
- + Can you communicate, what are the different ways you can?
- + Try to move away from the pole to receive, buying yourself space