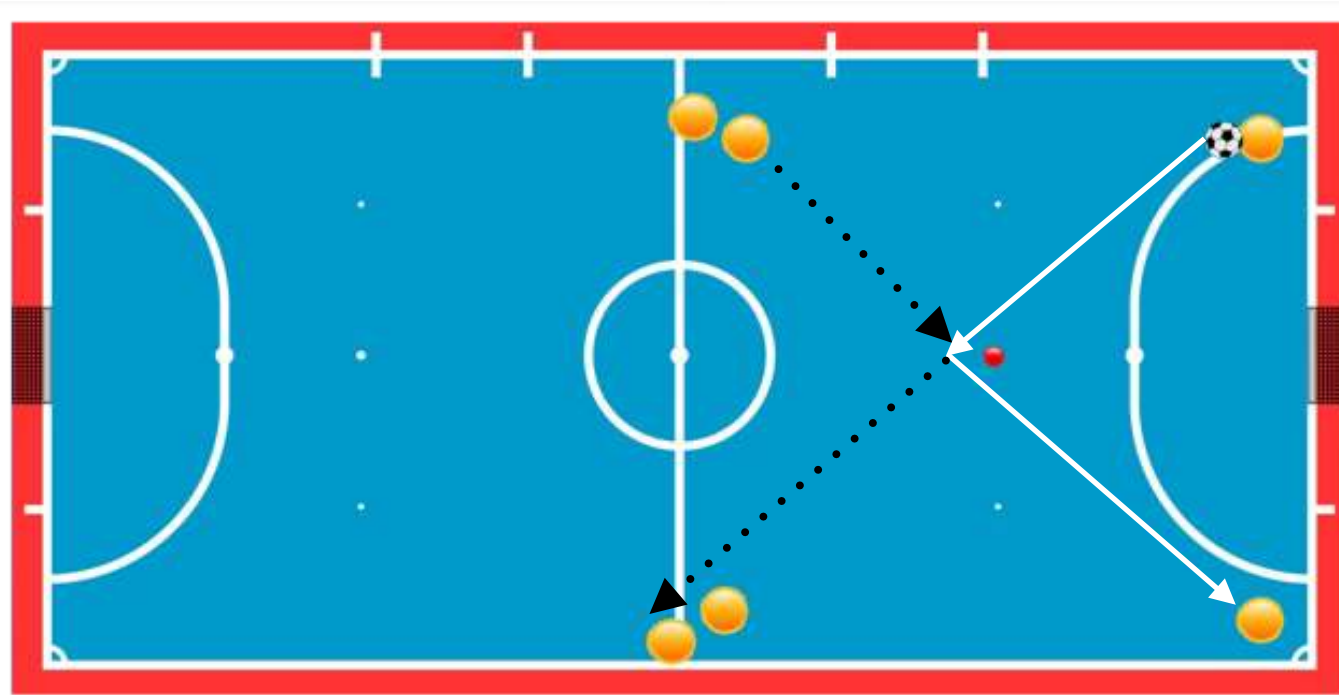




Control and Pass Off

Player in one line of two moves towards the central cone and receives a pass from the player with the ball and makes a pass off to the other cone with one player occupying it. They then move to the back of the other line of two, pattern repeats from the other side.

Focus:

- Body shape when receiving the ball
- First touch, directional control
- Accuracy of pass
- Communication between passer and receiver

Notes:

