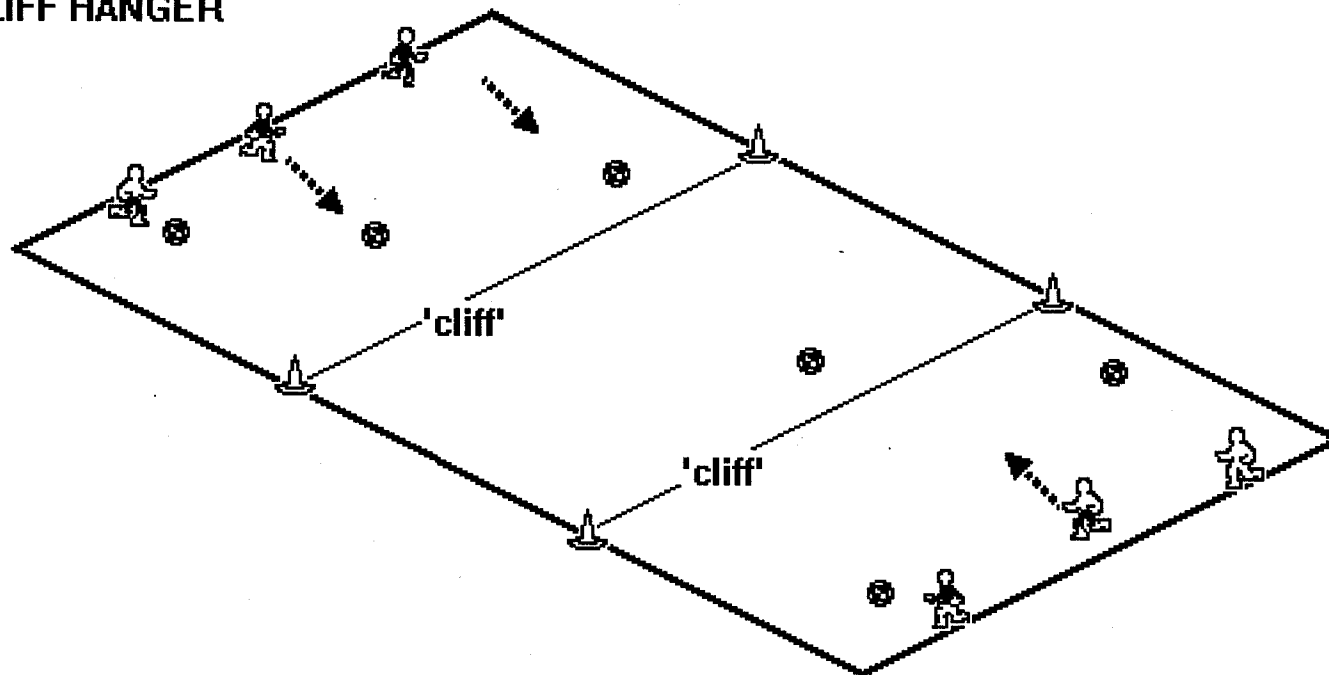


CLIFF HANGER



CLIFF HANGER PASSING

Players start at the marker and pass their ball as close as possible to the cliff without going over. Players should run after the ball and mark the location where it stops. Then try again, attempting to get closer than previous tries without going over.

COACHING POINTS:

1. This activity helps players with the pace of their passing.
2. Vary the distance of the cliff line.
3. Have players practice using different foot surfaces for passing.

TRY THESE VARIATIONS:

1. Players must run at top speed and stop ball when they get to cliff.
2. Have players dribble in place before they pass the ball.