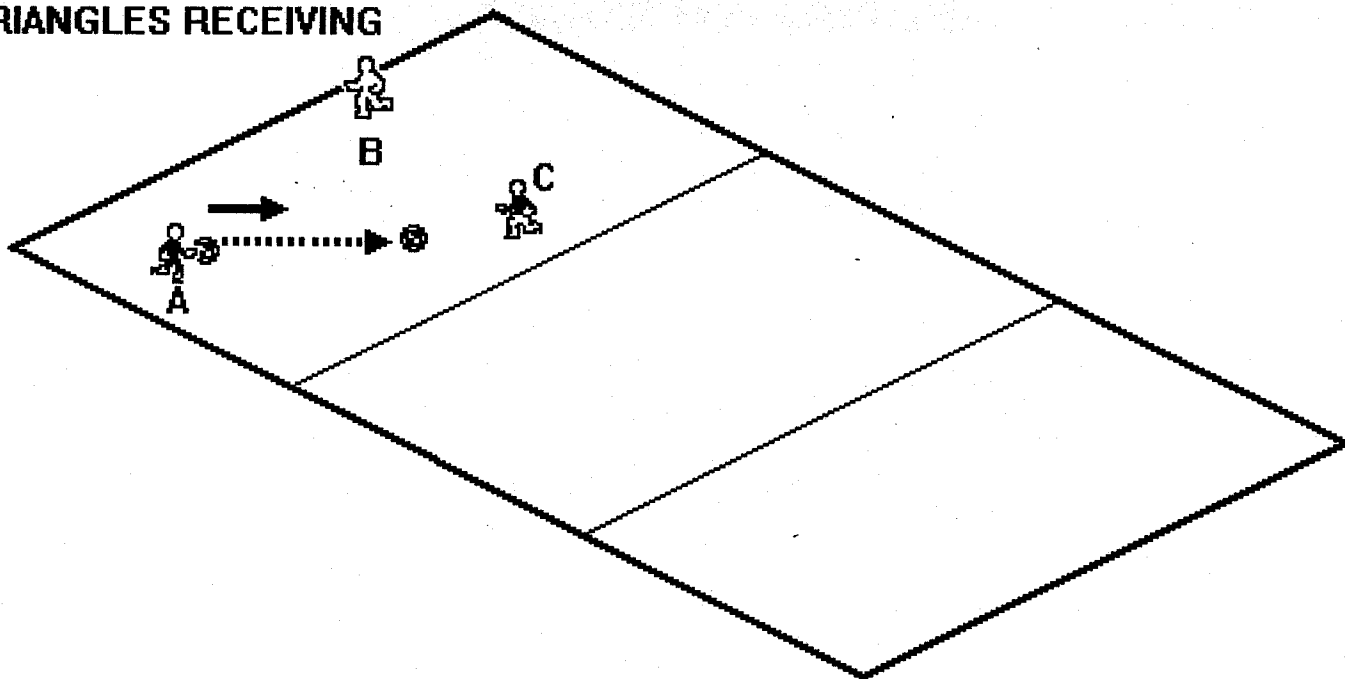


TRIANGLES RECEIVING



TRIANGLES "RECEIVING"

Groups of three; one ball per group. Player "A" rolls the ball (receiving ground balls) or tosses the ball (receiving air balls) to either player "B" or player "C". In this example, player "C" must control the ball and get a completed pass to player "B". While this is occurring, player "A" immediately challenges player "C" and tries to win the ball back. After successful pass, player "C" would then pick up the ball and repeat the activity as the defender. If the defender wins the ball, he is rewarded a point and throws again.

COACHING POINTS:

1. Encourage defender to pressure quickly after the toss.
2. Player receiving first touch should be away from the pressuring defender.
3. Player receiving the pass should move to create a clear passing lane.
4. Do not allow the receiving player to one touch the incoming toss. This is a receiving drill.