



Passing- Station #3

Task: Stand outside the lane of cones with one partner on each side. While running down the lane pass the ball back and forth using the different passes.

Remember:

Chest- thumbs down and fingers out.

Bounce- in front of the receiver and $\frac{3}{4}$ the distance between you and receiver.

Overhead- extend hands and follow through.

Challenge: Pair with another group and take turns trying to intercept the passes. Use each of the passes to trick your defender. Try to run the length of the cones, if the ball is intercepted stop and start again from the same place.