

TEAM PASSING

OBJECTIVE: Passing

EQUIPMENT: 1 ball per person



15 Minutes

DESCRIPTION

1. Create teams of no more than 4 players. Players stand in a diamond with one player standing close to the net.
2. The player at the back of the court underarm serves over the net to any receiver on the other team.
3. The player sets or does a forearm passes to the player standing at the net.
4. The player at the net catches the ball and then quickly throws the ball up in the air for the 4th player to get it over the net.
5. Continue the rally as long as possible. Rotate positions after a few minutes.

CHANGE IT

Beginner

- You may allow teams to have more than 3 contacts to help to continue the rally as long as possible.

Advanced

- For more advanced players swap the catch and throw to a set.

ANC CODE

Learning
Through
Movement

[ACPMPO30](#)

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