

TRIANGLE PASS

OBJECTIVE: Passing

EQUIPMENT: 1 ball per triangle



5 Minutes

DESCRIPTION

1. 3 players stand in a triangle approximately 3 steps apart.
2. Player A lobs the ball to Player B. Player B forearm passes the ball to Player C who then sets the ball back to Player A.
3. Play continues with players changing positions regularly so all players get a chance to practice each skill.

CHANGE IT

Beginner

- Allow players to catch the ball before performing the skill

Advanced

- Challenge players to count how many rotations they can do and continually try and beat that number.

ANC CODE

Understanding
Movement

[ACPMPO29](#)

[ACPMPO47](#)

[ACPMPO65](#)