

## Pass and Move

**Emphasis:** Laying balls off, passing, changes of speed.



### Set-up:

Cones are used to create 4 12 x 12 yard grids as shown. 4 players per grid with 3 balls. 3 players are positioned in corners of each grid with a ball each, 1 player will be selected to work first.

### Objective:

Player in the middle of the grid (A) will work for approximately 30-45 seconds. This player must check to one of the corner players, receive a pass and lay the ball off to the original player. On receiving the ball back from the middle player, the corner player must accelerate quickly to find the vacant cone in the grid. Player (A) continues to receive and lay off balls for the designated time or for a predetermined number of reps.

### Progressions:

Corner players serve balls in the air with their hands so that (A) must deal with balls in the air.

### Coaching Points:

- Corner players must accelerate to vacant cone with their first touch.
- Middle player (A) must change direction and speeds while working as if trying to lose a marker.
- Communicate with teammates.