



# Passing and Receiving



—> Ball  
 --> Player

## Organization

## Coaching Points

20 yard circle - 1 ball to begin  
 Players pass in the sequence of 2  
 players up and 1 player back  
 Add more balls  
 Try to get activity to one touch  
 Players check (move )out and  
 check back to receive the pass

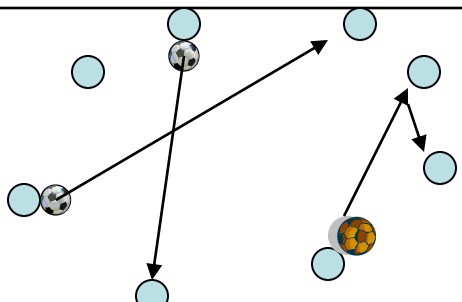
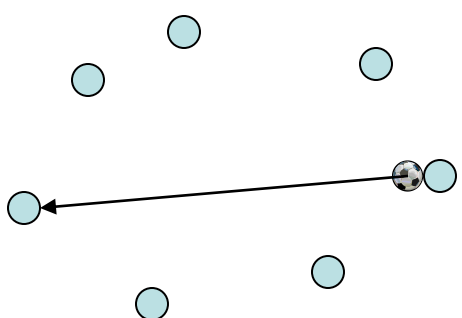
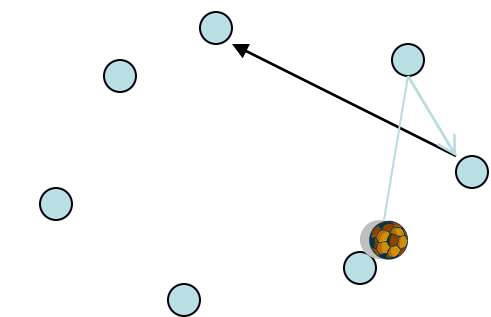
- Communication
- Readiness to receive
- Keep foot in air to maintain balance
- Selection of surface
- Strike centre of ball
- Lock ankle
- Timing of movement – pass 1 back and move out and then back in

25 yard circle – 1 ball to begin  
 Players must take 2-3 touches and  
 pass and follow to a new player  
 Add more balls

- Communication
- Readiness to receive
- 1<sup>st</sup> touch out of feet
- Change the angel of the incoming ball
- Selection of surface
- Maintain team shape

20 yard circle – two different  
 colored balls to begin  
 Combine activity one and two  
 Ball 1 goes 2 up and 1 back  
 Ball 2 Goes across the area

- Communication
- Readiness to receive
- Awareness of ball
- Team Shape





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