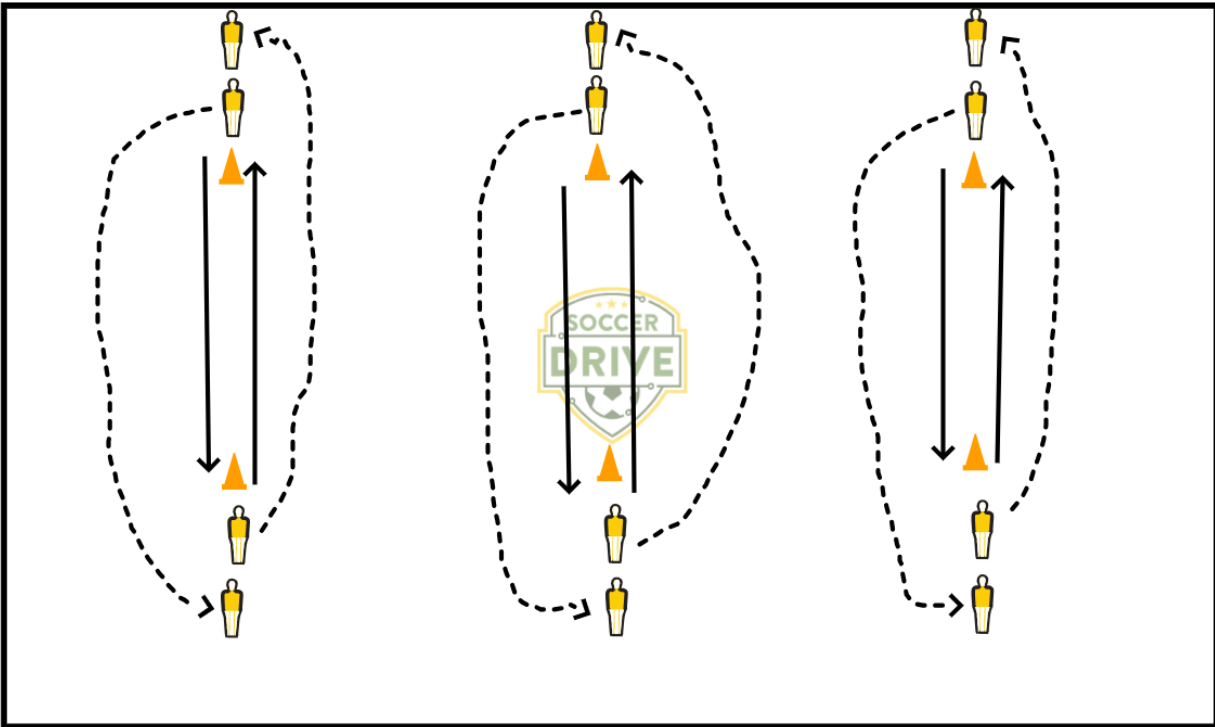


Progressing to speed passing



Description

Create 2-3 lines with only about three teammates in each.

Have the first person in line pass the ball to the opposite teammate

Next, have the passing teammate follow their pass to and join the back of the opposite line

The passes should go back and forth from each line, with each player running to the back of the opposite line

Start slow and increase speed to a game pace.