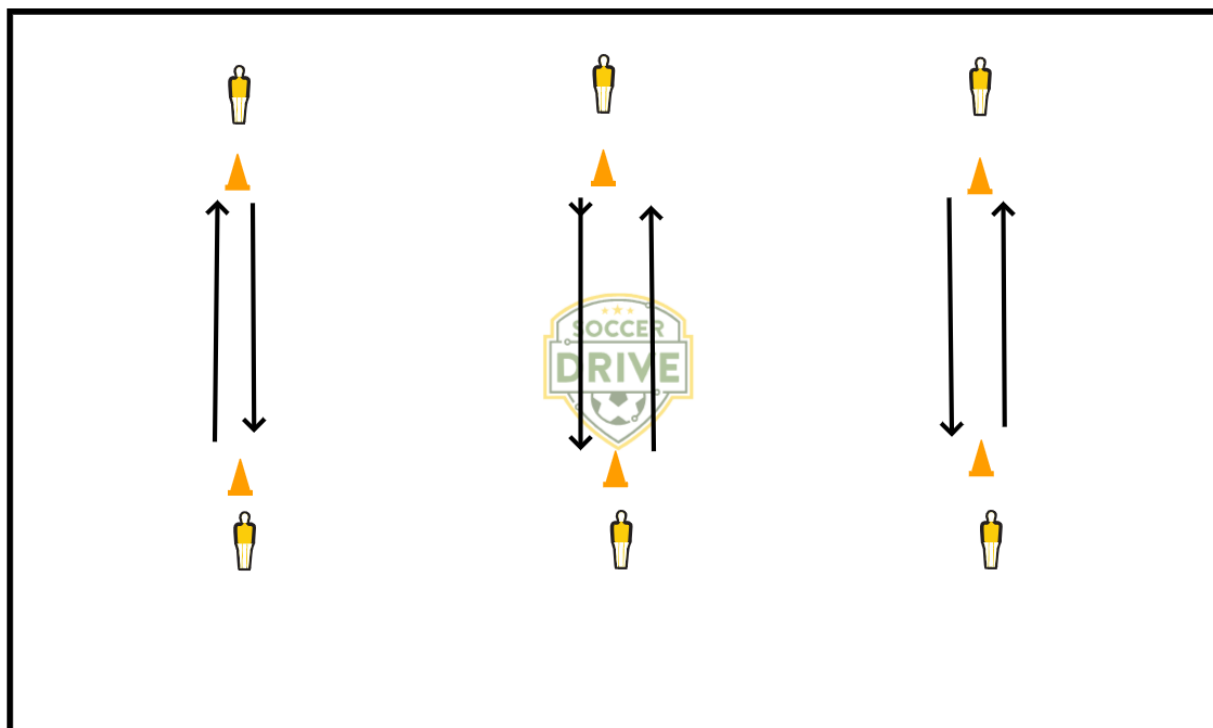




General Passing



Description

Start with teammates just passing back and forth. Work on receiving and passing properly.

Next move to receive the ball on one side of the cone, then one touch and pass on the other side of the cone.

Focus on proper receiving and passing with the inside and top of the foot.