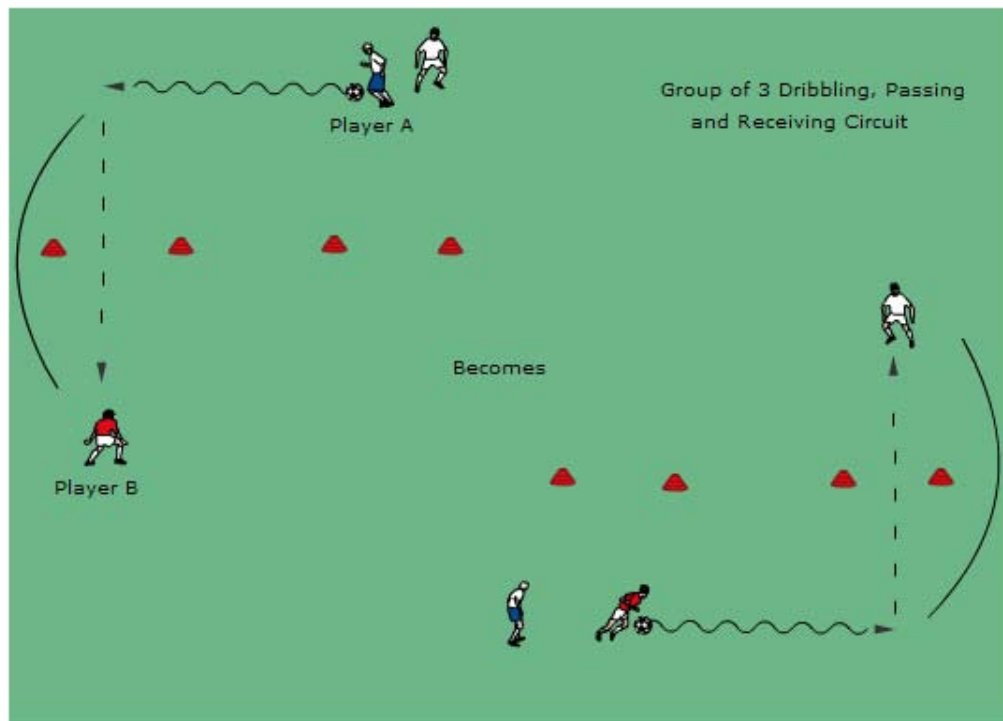


Groups of Three Passing & Receiving Movement:



The Set-up: 1 ball for every 3 players. Two 3 yard gates should be set-up as pictured. Players should stand approximately 5 yards away from the gates.

The Exercise: Player A dribbles across (as pictured top left) and passes the ball through the gate to player B. A should now run to take up B's position. Player B receives the ball and dribbles across toward the other gate. Player B now passes the ball through the gate to Player C (pictured bottom right). The exercise continues.

Note: When teaching a player to receive the ball there are a few important things to observe.

1. Does the player get in line of the balls path?
2. Is he or she in a good starting position, soft on their feet, no heels on the floor?
3. Does the player take their first touch in the direction they want it to go in?