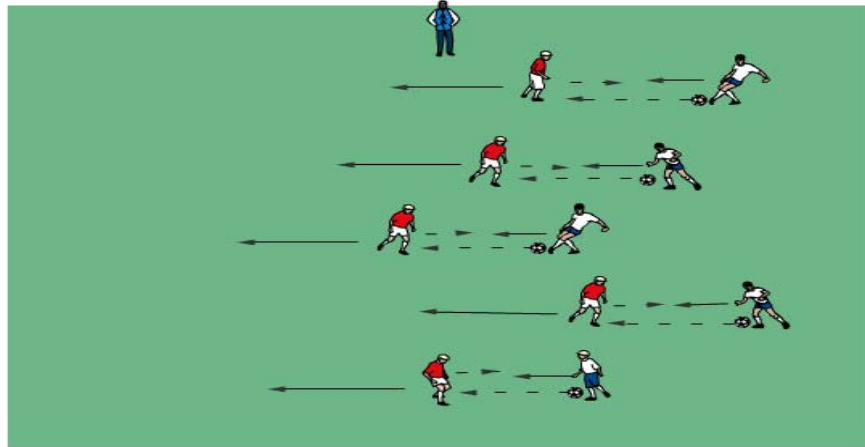


Passing in Pairs with Basic Movements



Set-up: 1 ball between 2 people. Players stand about 5 yards apart.

The Exercise: The players in white pass the ball to player in red and move to support. The red player “cushions the ball” dropping it back about a yard and back pedal away to keep the 5 yard distance between the partner. Continue the exercise across the field. Change roles when you arrive at the other side of the field.

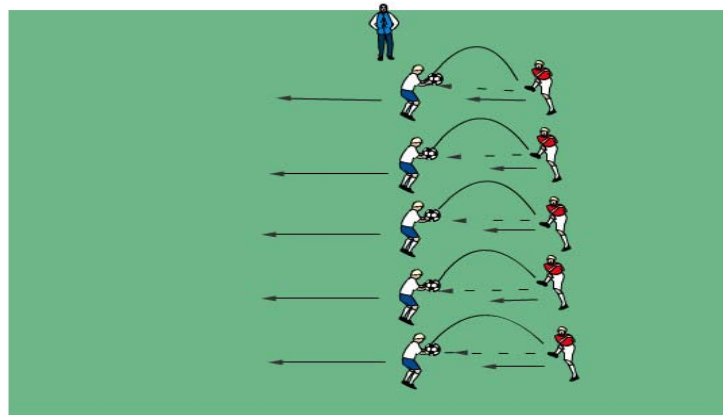
Focus:

- Crisp and accurate inside of the foot passing
- Soft inside of the foot reception
- Quick movement off the ball, but it is not a race. First technique than speed!

Variations:

- Ask players to use both feet, only right, only left foot.
- Ask Red to move “sideways on” from partner and drop ball with outside of the foot.

Progress to below



Set-up: 1 ball between 2 people. Players stand about 5 yards apart.

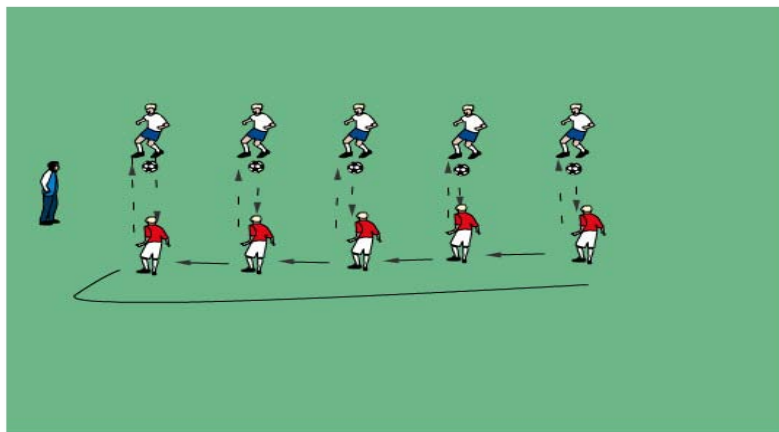
The Exercise: The players in white toss the ball to player in red and back pedal away. The red player volleys the ball back with the inside of the foot. He should try to use his/her partners' hest as the target area. After red plays the ball he/she should move forward quickly to keep the 5 yard distance between his/her partner. Continue the exercise across the field. Change roles when you arrive at the other side of the field.

Focus:

- Crisp and accurate inside of the foot volley
- It's important to have good service from the partner
- Quick movement off the ball, but it is not a race. First technique than speed!

Variation:

- White serves the ball to red's thigh or chest. Red receives the ball and volleys back to white teammate's chest.
- White tosses the ball to red teammates head. Red heads the ball back to the white chest and moves forward for next toss. **Progress to below**



Set-up: 1 ball between 2 people. Players stand about 5 yards apart.

The Exercise: The players in white pass the ball to player in red. The red player passes the ball back "first time" or with one touch, red quickly moves laterally and awaits a pass from the next white server. White players should play with 2 touches. The red player that reaches the last white server should sprint behind the other red players to get to the first white server. Change roles after 90 seconds. Repeat movements 2 to 3 times to see whether there is improvement.

Focus:

- Red must have crisp and accurate inside of the foot passing with one touch.
- White should focus on quick ball reception and accurate service.
- Quick lateral movement off the ball, but it is not a race. First technique than speed!

Variations:

- Change direction of the red's movement.
- Ask players to use both feet, only right, only left foot.
- White can serve ball out of their hands and red should volley ball back to chest with inside of the foot.