



ACTION:

1. Players throw the ball to their partners, who receive with the thigh and pass it back along the ground.
2. Players toss and partners control with the thigh, let the ball drop to the ground, flick it up and catch it.
3. Same as #2, but this time the receivers flick the ball up and catch it.
4. Passers throw a high toss and the receiver controls it with chest, thigh then flicks it up and catches it.

TIPS:

Players should be told to use their bodies as 'cushions'. At impact players should draw the receiving part of their body away from the ball. A good 'serve' needs to be a gentle toss, underhand. Players should keep their arms out for balance.



RECEIVING

SET UP:

Players in pairs approx 5yds apart
Ball to each pair.