



ACTION:

The passers pass to their receivers.
 Receivers take the ball to the opposite side of the square with their first touch and pass to the next corner player.
 The receiver then returns to his/her first gate to receive the next pass from the corner player and the sequence continues.
 Switch passers and receivers after 10 repetitions

TIPS:

Allow players three touches at first, one to receive, one to turn and one to pass.
 Once players are confident tell them to turn with the ball on their first touch.
 Good first touch gives a receiving player time and space during a game.
 Receiving players should try to play the ball in the direction they want to go without stopping the ball.

NOTES:



RECEIVING

SET UP:

10 x 10yd area
 Two small 2yd gates on either side of the square as shown.
 Two passers, each with a ball at opposite corners and facing their respective gates.
 Two receivers in the gates.