

Individual Passing Progression

Exercises	Behavior/Focus
<p>Individual Passing Ball Warm Up Set up 2 cones 30 feet/10yards apart</p> <p>Perform each exercise for 1 minute each moving back and forth between cones</p> <ol style="list-style-type: none"> 1. Pass to self walking forward 2. Pass to self walking backwards 3. 1 arm pass to self walking forward 4. 1 arm pass walking to self forward and backwards 5. 1 arm pass alternating to self walking forward 6. Pass to self side shuffles 7. 1 arm alternating to self side shuffles 8. Pass to self jogging forwards and backwards 9. Pass 2 contact low & high walking forward (drop to cushion) 10. Pass 2 contact low & high walking backward (drop to cushion) 11. Pass 2 contact low & high side shuffle (drop to cushion) 	<p>Hand, thumb buddies should be held together correctly Keep arms/elbows straight in between contacts</p>
<p>Individual Wall Passing Find a flat wall Player should be about 6-8 feet off the wall</p> <p>Perform each exercise for 1 minute each Exercises 5 and 6 perform for 2 minutes each Put a piece of painters tape on the wall and pass to the same spot</p> <ol style="list-style-type: none"> 1. Low passing close 2. Passing 7' high 3. Facing Left 4. Facing Right 5. Pass up, turn 180 and pass backwards to the wall, turn back around repeat *turn back and forth the same direction, if you turn 360 degrees you will get dizzy 6. Pass to self, set to the wall 	<p>Hand, thumb buddies should be held together correctly Keep arms/elbows straight in between contacts</p>

