

Windows - Passing

This is a great way to start practice and add players to the warm-up as they arrive. One player dribbles the ball to the middle, dribbles in a circle in the middle and then dribbles half-way over to a player on the outside ring, feeds them a pass. The pass is returned and the passer goes back to the middle and repeats. Build up to three players dribbling at once. Change direction to work both the left and right feet in the center circle. Players who have not received a pass should hold their hand up. As players leave their space make sure the circle is balanced.

