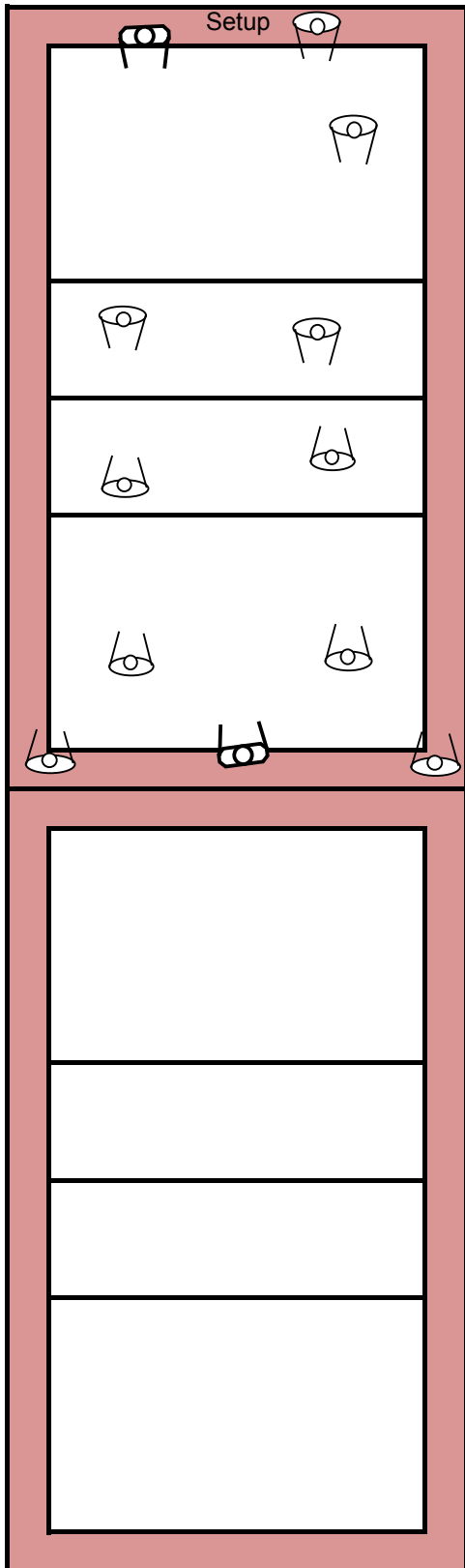


Recommended # of Athletes: 12 +



Pass and Shuffle

Set-up

Set up a passer starting in position 5, a target at the net and a coach on each base line with a bucket of balls. All other athletes will line up behind passers prepared to step in and some shagging balls and giving to coaches

Conditions:

Coach will serve a ball to the athlete in 5 who will pass it and shuffle to position 6, Coach server a ball to athlete who then shuffles to position 1 to pass the final ball served by the coach. As athlete shuffles to position 1, a new athlete moves into 5 to prepare to pass.

Purpose/Goal

Develop passing skills sequenced with movement across the court
Familiarize with passing in a variety of different spaces on the court

Success criteria

Athlete moves efficiently to the next space while preparing and successfully tracking and passing the next ball coming to them. Ball should be passed to setter or in a settable location.

Reference Points

Move quickly to new position on the court and prepare to pass the ball
Stop all movement as the ball is contact by server and react to serve.

Variations

Reverse the direction the athletes shuffle going from 1 to 6 to 5 instead

Simplification

More Difficult

keywords:



Legend: Ball's Route = - - - - -> Players Rotation => Players =