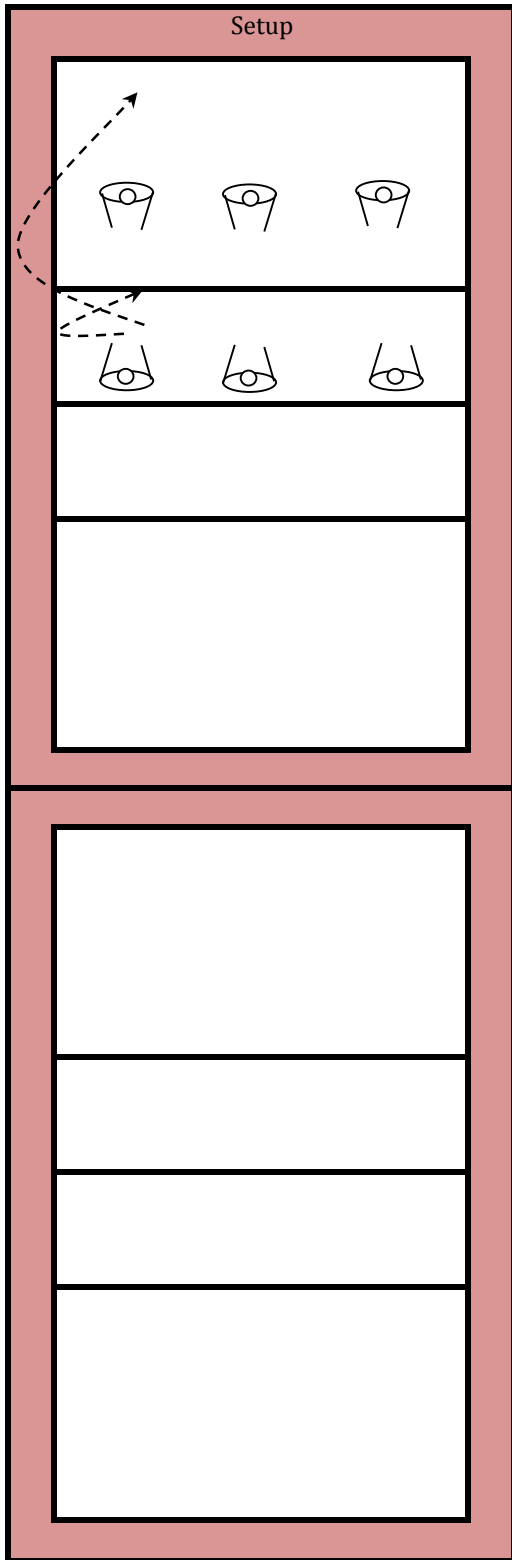


Recommended # of Athletes: 2 +



Wizzard Passing

Set-up

Setup athletes in partners one standing at the net and the other 2 feet behind the attack line. Athlete at the net has a ball in their hands.

Conditions:

Athletes run through proper movement and passing reps. The athlete at the net toss the ball high into the air over their partners shoulder to the back of the court. Passing athlete should have lots of time to move backwards to the target of the ball, get balanced and low and pass the ball back to their partner. After 10 reps toss goes high and inside the attack line. Athlete then moves forward, gets low and passes the ball high up to their partner. Then alternate between the two throughs for 10 reps.

Purpose/Goal

Run through and emphasis proper technique in all movements. Focus on perfection in every movement and in result to target. Work on balanced movement around the court.

Success criteria

Athletes move efficiently and early to ball, remaining balanced. Passing technique is consistent and accurate.

Reference Points

Move low to the ball and pass the ball nice and high to target. Passer should not be diving for balls should have lots of time. Moving backward athlete should twist hips but always see the ball.

Variations

Athletes can move forward and back as well as side to side if they have room.

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

