Activity Name: Pass and move Circle

Activity Setup: Make a large Circle diameter at minimum 10 yds.
Half of the players will be on the circle with a ball each
The other half in the middle without a ball

Activity
Description:

1. Player from the middle will check to an outside player and receive the ball from a pass and dribble to another player on the outside without a ball and pass. Rinse repeat. Rotate after 2-3 minutes. 3-4 rotations.
2. Player from the middle will receive a pass from a player on the outside and quickly dribble to the outside and take their place. Player on the outside will sprint to find another player on the outside to receive from. Rinse repeat. No need to rotate. 5-6 minutes
3. Player in the middle will check to player on the outside, call for the ball and one touch the pass back to the player on the outside and sprint off to find another player. rinse repeat. Rotate after 2-3 minutes. 3-4 rotations

Emphasis:
Communicate both sides of pass Sharp passes Quick feet Hips to the ball

Cue Words:
Talk!
Hips to the ball Quick Feet

