



Rio 02 Girls

Category: Technical: Passing & Receiving
Skill: U12

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3:1 quick change

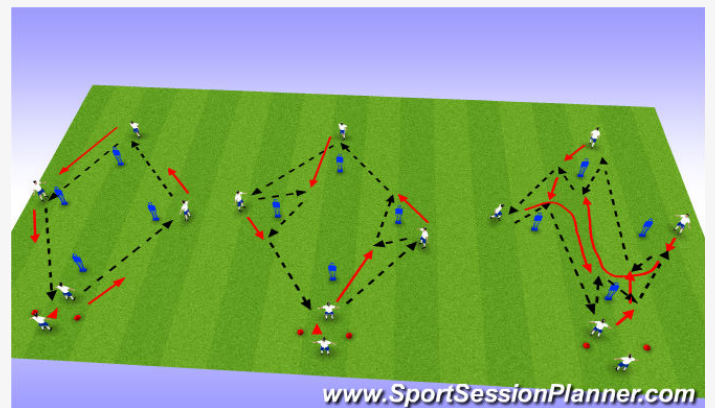
3:1 quick change game

- defenders in 3 of 5 grids
- win the ball, stay in grid and hand pennie to player that lost it
- new defender go find a new grid to defend in
- players in grid with no defender 1 touch



mannequin passing

- 1) fast paced passing around the outside, checking off shoulder before you receive - change directions
- 2) play, set, wallpass on sides, two touch on ends - change directions
- 3) play, set, hit target on end for wall pass with setter - change directions



6:6 +2 to two targets

6:6 + 2 to two targets

- 1) play target, defending team gets ball
- 2) play target, support and go other direction
- 3) play target, get return off target and dribble in for point

