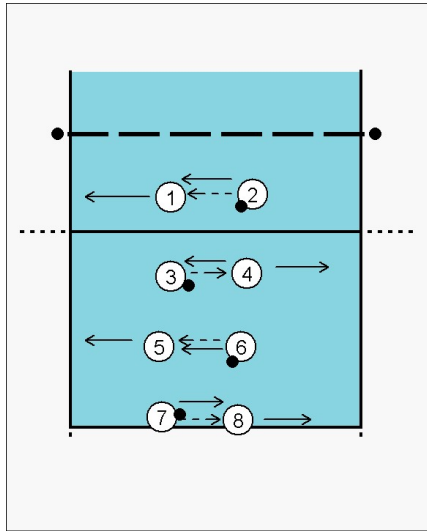


# Passing Back & forward

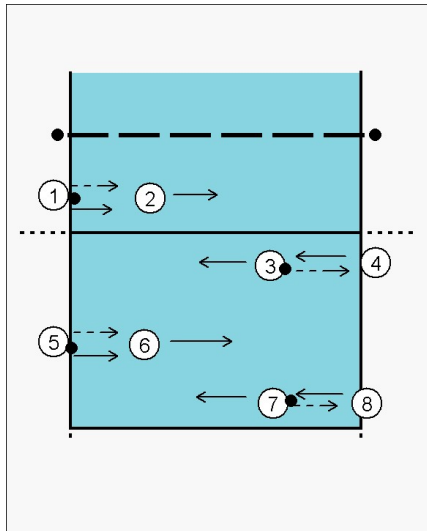


1

An even number of players divided up in pairs over the central axis of the court.

The players pass the ball to each other while one player goes backward and the other one forward.

They should try to keep the passing distance the same.



2

When the first players reach the side line. The players reverse direction and go to the other side.

To make it more difficult play with 2 balls for each pair. Play one ball high and the other one low.