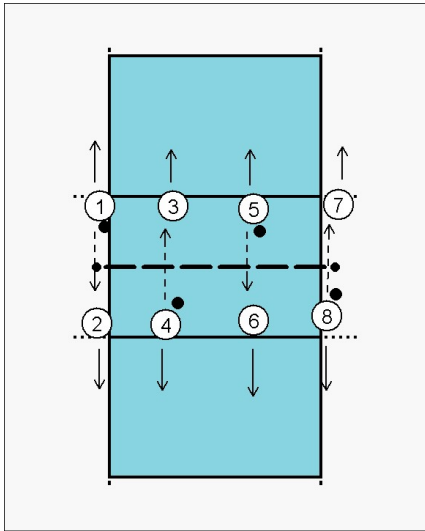


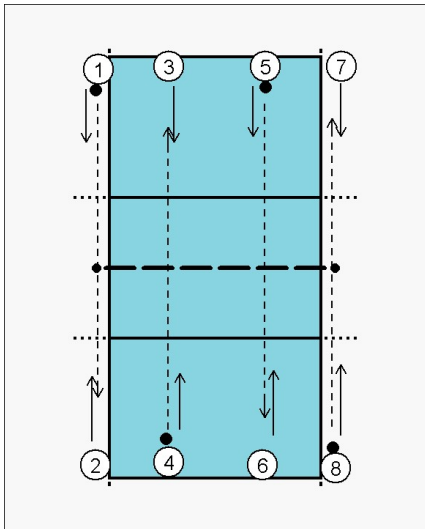
Passing Stretch



1

An even number of players divided by the net in pairs on the 3 meter line..

The players pass the ball to each other while going backwards.



2

When the end line is reached the players reverse direction and go forward to their original positions.

After which the drill repeats itself.

To make it more difficult play with 2 balls for each pair.

Or change the type of pass.