**Practice Theme/Topic**

Passing and Receiving

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**General Notes**
A drill to improve passing and Receiving

**Aims & Objectives**
- Improve Passing & Receiving
- Timing of Movement

**Organisation & Setup**
- Unopposed
- Work both ways

**Coaching Factors & Outcomes**
N/A

**Adaptation & Progression**
- Challenge Individuals
- Pass & Follow
- Set/Lay Off

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**Technical**
- Passing & Receiving
- 1st Touch
- Weight/Accuracy

**Physical**
- Change Direction quickly

**Psychological**
- Concentration
- Confidence

**Social**
- Demo independence

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**Coaching Point #1**
- Accuracy of Pass
- Weight of Pass

**Coaching Point #2**
- Timing of Movement

**Coaching Point #3**
- Receiving of furthest foot

**Coaching Point #4**
- Checking shoulder

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Diamond - Pass & Follow - Movement off the cone to receive on back-foot - Working both ways