



## Passing: X Passes Game

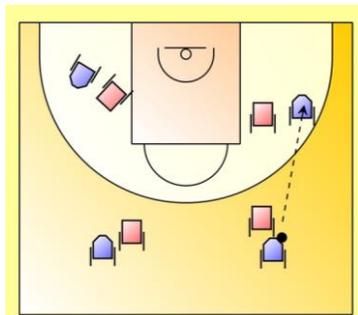


FIGURE 1

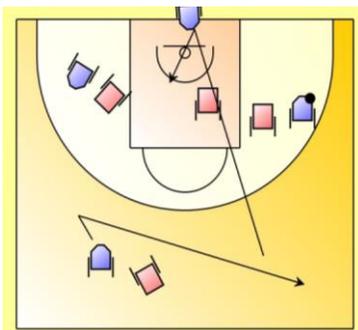


FIGURE 2

**OBJECTIVE:** To move after passing into open space.

**Setup:** Divide into two teams in the half court. (Figure 1)

**Instructions:**

1. Goal is to keep possession and accumulate “x” number of passes to the target (e.g. 20).
2. The first team to make ‘x’ number of passes is the winner.
3. After each pass made, the passer must touch the furthest boundary line before being eligible to receive a pass. (Figure 2)
4. On a turnover or interception, the other team then tries to accumulate 'x' passes.

**Activity Rules / Games Approach:**

- Passing only (no dribbling or shooting).
- After making a pass and before receiving another one, a player must touch the furthest court boundary line.
- 20 passes are a typical goal, with the option to award an extra point for a particular type of pass.

**COACHES KEY POINTS:**

- Players should move to open space to provide a path for the ball to reach them.
- Passers use fakes and anticipate where receivers are going.
- Players should move quickly after each pass to touch the boundary line and return to open space.

**Variations/Loading:**

- Require the final 5 passes of the ‘x’ total passes to be consecutive.
- Touch two boundary lines.
- Use one hand only.
- Limit the time that a ball can be held to 3 seconds. A dribble can be allowed if it is within the time limit of possession.
- Require that only a certain type of pass can be used (e.g. hook pass only).

**Mental:**

- Player should visualize where they will come back into the court that is open.
- Players should use conceptual knowledge to know their passers and receivers.
- Players should communicate passer's and receiver's names, and where they are going.